DOCUMENT RESUME

ED 215 092 CE 031 649

AUTHOR	Kennedy, Evelyn S.
TITLE	Dressing with Pride. Volume One: Clothing Changes for Special Needs.
INSTITUTION	P.R.I.D.E. Foundation, Inc., Groton, CT.
SPONS AGENCY	Sears, Roebuck and Co., Chicago, Ill.
PUB DATE	Feb 81
NOTE	103p.
AVAILABLE FROM	P.R.I.D.E. Foundation, Inc., 1159 Poquonnock Rd., Groton, CT 06340 ($9.50, plus $1.50 handling charge).
EDRS PRICE	MF01/PC05 Plus Postage.
DESCRIPTORS	Adults; Children; *Clothing; *Clothing Design; Disabilities; Mental Retardation; *Normalization (Handicapped); *Older Adults; *Physical Disabilities; Self Care Skills; *Sewing Instruction; Textiles Instruction

ABSTRACT

This book of sewing instructions is designed to solve many clothing problems for the disabled and elderly. Written in lay terms, it contains easy-to-follow, illustrated directions to assist the inexperienced sewer to modify and adapt ready-to-wear clothing for the handicapped. Suggestions for getting started are given in an overview of clothing selection, including such factors as comfort, warmth, durability, weight, safety, and stretch and absorption factors. The Care Label is reviewed, explained, and illustrated. Sewing equipment and notions needed are described. Topics of discussion include convenience fasteners; characteristics of fabric for special needs of the disabled; sewing instructions for basic modifications and alterations; and personal wardrobe evaluation. Twelve of the most commonly used articles of men's, women's, and children's clothing, purchased at regular stores, are altered in step-by-step illustrated directions showing the many changes, modifications, and adaptations possible. (KC)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED215092

DRESSING WITH PRIDE

Volume One

CLOTHING CHANGES FOR SPECIAL NEEDS

Evelyn S. Kennedy
Executive Director, PRIDE Foundation, Inc.

CE 031 649

PRIDE
a Charitable Foundation

Promote Real Independence for the Disabled and Elderly

U.S. DEPARTMENT OF EDUCATION
NATIONAL INSTITUTE OF EDUCATION
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

✓ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official NIE position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

E. Kennedy

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

First Published in the United States in 1981 by
P.R.I.D.E. Foundation, Inc.
1159 Poquonnock Road
Groton, Connecticut 06340
203-447-7433

Copyright © Evelyn S. Kennedy 1981

All rights reserved. No part of this work covered by the copyright hereon may be reproduced or transmitted in any form or by any means — graphic, electronic, or mechanical, including photocopying, recording, taping or information storage and retrieval systems — without written permission from the author, except by a reviewer who may wish to quote brief passages in connection with a review for a newspaper or magazine.

Printed in the United States.
February, 1981.

5

Use of Proceeds

All proceeds from the sale of this book will go to the P.R.I.D.E. Foundation, Inc. to help Promote Real Independence for the Disabled and Elderly.

P.R.I.D.E. Foundation, Inc.

P.R.I.D.E., based in Groton, Connecticut, is a non-profit tax exempt organization whose primary objective is rehabilitation assistance for the handicapped and elderly in the areas of home management and independence in dressing and personal grooming. We provide consulting services to state and local agencies and organizations dealing with the special needs of the disabled. We also offer direct services upon request.

We try to meet "special needs for special people" — needs that are not presently met by clothing manufacturers. We adapt and modify garments as well as provide special designs for comfortable, good-looking clothes.

The Foundation provides discussion leaders for community outreach and assistance to health agencies, social service groups and volunteer organizations. We are available for the disabled or elderly and members of their families to meet a specific need; this includes sewing assistance, special patterns, employment training in sewing machine operations and provision of household devices for use in the kitchen, bedroom and bathroom.

Available for public use is a travel trunk show of about 150 sample garments. The wardrobe includes daytime wear for home or work activities, adapted sleepwear for convalescing and special outdoor clothing for wheelchair and other needs.

Our library exhibit includes a Curriculum Guide for an Advanced Level of In-service Training for homemaker home health aides. Also resources for handicapped persons and family members, such as sewing instructions, teaching manuals for handicapped homemakers and similar aids used in rehabilitation.

So ALL of us
can take PRIDE
in our appearance.

CONTENTS

Chapter *Page*

ACKNOWLEDGEMENTS 11

1. INTRODUCTION 13

2. IMPORTANCE OF FASHIONABLE CLOTHING 15

3. SELECT CLOTHING WITH CARE . . . SATISFACTION WILL FOLLOW 17
   Clothing and Fabric Characteristics
   Convenience Features

4. PROTECT YOURSELF . . . READ THE LABEL 21
   Sample Labels

5. SEW . . . SO EASILY WITH THE CORRECT EQUIPMENT 23
   Needles, Notions, and Other Necessities

6. CONVENIENCE FASTENERS . . . DESCRIPTIONS AND ADAPTATIONS 27
   Buttons, Buttonholes, Elastic Thread, Hook and Eye,
   Snaps, Velcro, and Zippers

7. CONVENIENCE FASTENERS . . . SEWING INSTRUCTIONS 33
   Instructions for Sewing Many Types

8. CHILD'S SLEEVELESS UNDERSHIRT . . . ALTERNATE OPENINGS 41
   Shoulder Opening and Center Front Opening

9. CHILD'S UNDERWEAR . . . DROP FRONT OPENING 45
   Gripper Snap Tape and Velcro Closure

10. CHILD'S DRESS OR SHIRT . . . PROTECTIVE FRONT COVER 51
    How to Make a Pattern, Three Fastener Types

11. CHILD'S T-SHIRT . . . ENLARGED NECK OPENING 55
    Scoop Neck and V-Neck Adaptations

12. CHILD'S SLEEPER . . . CROTCH OPENING 61
    Accessible Zipper For Quick Changes

Chapter *Page*

13. BOXER SHORTS . . . CENTER FRONT OPENING 63
Snap or Hook and Eye Fastener

14. JOCKEY SHORTS . . . DROP FRONT OPENING 67
Front Flap Assists in a Quick Change

15. PETTICOAT OR SLIP . . . CENTER FRONT OPENING 71
Long Front Zipper Aids in Dressing

16. BRASSIERE . . . FRONT OPENING 75
Modified to Include Several Fastener Types

17. PULLOVER OR T-SHIRT . . . LARGER NECK OPENING 79
Fitted or Raglan Sleeve Shirt Modification

18. DRESS OR SHIRT . . . VELCRO TABS AS FASTENERS 83
Includes Sleeve and Cuff Adaptations

19. SHIRT OR BLOUSE . . . BACK OPENING 87
Fasteners Can Be Velcro or Gripper Snap Tape

APPENDIX

A. PERSONAL WARDROBE EVALUATION 93
Problem Solving and Suggested Modifications

B. WARDROBE COLOR PLAN 97
Coordinating the Wardrobe

C. PATTERNS FOR CUSTOM CLOTHES 98
Fashionable Garments to Sew at Home

D. DRESSING AND GROOMING DEVICES 105
Bathing, Dressing, Grooming, and Sewing Aids

E. FEATURES AND FEEDBACK 111

F. ORDER FORM 113

INDEX 115

Acknowledgements

The author wishes to express her deep appreciation to all who have so generously contributed their time and considerable talents to the research and preparation of this book.

Particular thanks must be given to: Dr. Virginia Carpenter, University of Rhode Island, whose encouragement enabled me to cope with my own disability and who inspired my earliest efforts to help other handicapped persons; Eleanor Hotte, pioneer in this field from the University of Connecticut; Dr. Elsie Fetterman, University of Massachusetts; Janet Cataldi and her volunteer assistants, Mary Caldwell, Carol Fenn, Joyce Fuller, Carol Goddette, Susan Lindberg, Pat Maloney, and Aleida O'Brien; Susan Matloff and Carol Moschella, graduate students at St. Joseph College, Connecticut.

Special acknowledgement is due the Advisory Board Members of the P.R.I.D.E. Foundation: Dr. Carol Avery, Neil Blinderman, Sister Marjorie Falion, Captain Otto Graham, Mrs. Phyllis Herriage, Lyle H. Kennedy, II, William Lockwood, J. Baird Pittman, Albert E. Ricker, Jr., Michael Schless, and Mrs. Lowell P. Weicker, Jr.

Most of all, the author's greatest debt of gratitude is to all of the wonderful disabled and elderly persons whose help, assistance, and guidance made this book both possible and worthwhile.

Sears, Roebuck & Company Research Grant

Initial funds to research and prepare this book were received through a special grant from Sears, Roebuck and Company.

Funds to set type and print this book were received from these organizations.

AETNA LIFE AND CASUALTY FOUNDATION
ELSIE BROWN FUND
THAMES PRINTING COMPANY

The P.R.I.D.E. Foundation wishes to publicly commend these fine examples of American corporate concern and community interest.

Chapter 1

Introduction

A handicap . . . is a discomfort, a nuisance, a hindrance, and something which many people cope with daily. Some handicaps are minor, others major. Dressing activities can be more difficult for a person who has been injured or had surgery and now faces a temporary challenge in putting clothes on or taking them off. Then there are the more serious long term problems of the mentally retarded, arthritic, paraplegic, or otherwise afflicted who encounter dressing problems every day.

Of course, those problems can be solved by having custom-made clothing tailored to meet the specific need. Unfortunately, that course of action is very expensive and therefore is not available to the vast majority of the handicapped.

A far more economical solution is to purchase regular clothing at any store and then to make the necessary changes to accommodate the special need. However, in the past, the methods for accomplishing these changes have been quite complicated and have required a great amount of experience and expertise.

These are "CAN DO" Workbooks . . . they are much more than just another "How To" set of complicated instructions. They have been written specifically for the person who has limited knowledge of home sewing skills. In simplified terms, they will show the inexperienced how they CAN easily modify and alter regular clothing, whether already owned or readily purchasable, to solve the special problem.

Since the handicapped have repeatedly stated that their greatest clothing problems are putting on and taking off garments, this first volume covers the selection and application of convenience fasteners for greater ease in dressing and undressing.

Twelve of the most commonly used articles of clothing were purchased at regular stores. They include five children's garments and seven for adults, and range from underwear to shirts to dresses. Each of these garments was then modified using special sewing methods. Those simplified techniques are carefully detailed and clearly illustrated so that virtually anyone can follow these easy-to-do steps to adapt clothing to their special use.

Many helpful suggestions for getting started are given in an overview of clothing selection, including such factors as comfort, warmth, durability, weight, safety, and stretch and absorption factors. The Care Label is reviewed, explained, and illustrated. The wide range of sewing equipment has been carefully sifted and only those items really needed are detailed.

The objective of this book is to enable the handicapped to dress both economically and fashionably with P.R.I.D.E.

Chapter 2

The Importance of Fashionable Clothing

Looking right leads to feeling right! Almost everyone wants to feel good in their clothes, to be well dressed, and in fashion with the times. Clothes will "look good" when garments are comfortable and well fitted. An observer usually will focus on the fashion and style of a garment, which can disguise a disability. The manner in which a garment is modified can enhance the "look" of the wearer as well as solve a problem for an individual need.

Almost everyone, disabled or not, can recall having problems with hooks that would not close, buttons that were too small to grasp, zippers that were difficult to reach, or shirt necklines too tight to pull over the head easily. For some, this may be a mere inconvenience; for others, it can be a physical barrier causing discomfort, and prevent independence in daily dressing and grooming.

Independence in personal activities, besides being a morale booster, is often an outlet for self expression. An elderly person or a physically injured person will strive to dress independently following a period of illness or hospitalization which shortens the recovery time and speeds resumption of work and other daily activities.

Clothing adaptations for special needs are those changes made to store purchased garments which enable the wearer to put garments on and off more easily. Changes include the modification of garment openings to accommodate tapes, zippers, Velcro, or snaps. Alterations take into consideration the position or length of the opening, and the type of closure or fastener used to hold the garment in place.

For a fashionable look, changes should be invisible when the garment is worn. Therefore, when an existing fastener is replaced by a different type, the change should not be obvious. Every effort should be made to preserve a normal appearance for the wearer as well as the fashion. Keep in mind that many clothes alterations can be provided by personnel at the store where garments are purchased. If alterations are not routinely included, inquire about special services or telephone references for a stitcherist to handle clothing changes.

One constant in fashion is CHANGE . . . and, fashion changes frequently for both men and women. Since fashion changes are subtle from season to season, the disabled person who desires to keep up-to-date with current styles should review catalogs, news-

papers, and visit apparel stores. Examine ready-to-wear clothing in the store with a view to whether or not the particular garment is suitable to the individual figure type, skin and hair coloring, and life style. It is important to review the Personal Wardrobe Evaluation before the shopping trip so that basic needs are predetermined by the clothes already in the wardrobe. Add to the wardrobe by selecting units that blend with existing colors and styles.

Clothing shopping in general can be a physically exhausting endeavor for many people. For the handicapped it becomes a more exacting chore and unless carefully planned, can result in frustration and extreme weariness. It is a good idea to set aside sufficient time to shop unhurriedly with pleasant companionship, one willing and able to hunt and seek out garments that fill a need. Have a good friend, a family member, a social worker, or a professional accompany the handicapped person to the store and plan ample time to assure a rewarding shopping venture. Two hours are the minimum for a well planned clothes buying session.

The disabled person has the same "rights" as others; that is, to occasionally indulge in a "fad" or "trendy look." Sometimes the "latest look" is the seasonal change in color or fabric. A fabric can influence the garment style by its texture and design such as print, plaid, or geometric and can reflect the latest fashion change. However, some garments made of fabrics such as a double knit, can be worn year round and are easily made "current" by the addition of an accessory. Select attractive jewelry, scarves, ties and ascots, belts, and/or ribbons for a shirt or tunic to instantly change the appearance of a costume. An added bonus in the wide choice of accessories is that they can be used to mix and match with several sets of clothes. Joining something "trendy" to an existing outfit can provide an immense psychological boost and simultaneously enhance the physical well being of the handicapped.

Finally, give consideration to the purchase price of a garment and the cost per wearing. Instead of thinking only about the retail price, it is a good rule to divide the purchase price by the planned total number of wearings which will give the cost per wearing of a garment. If the price tag of a jacket is $80.00, and it is worn at least once a week, the cost per wear for the year is $1.53. However, a fancy pair of velour slacks for $35.00 and worn only three times, has a cost per wearing of $11.66. It is wise to select items which can be matched to several units to extend the wear life of a garment and reduce the cost of each wearing. Pay a little more for something that will last longer. Therefore, it may be far more economical to buy medium to expensively priced clothing and wear them more often.

Chapter 3

Select Clothing With Care . . . Satisfaction Will Follow

Planning and preparation can prevent a shopping excursion from being a dreaded chore and turn it into a pleasant experience for anyone. Careful forethought is even more important for those with disabilities. In addition, failure to consciously think through new purchases can be expensive because it often leads to impulse buying of items that do not blend with the existing wardrobe. Perhaps more importantly, unplanned buying generally leads to dissatisfaction because careful consideration may not have been given to factors more fundamental than just attractiveness.

To help avoid these problems a Personal Wardrobe Evaluation form has been provided in the Appendix. It is recommended that the present wardrobe be evaluated and a copy of the form be taken to the store to aid in buying decisions. The small amount of time to review this form will lead to more pleasant shopping experiences both from an economical and satisfaction point of view.

When selecting garments for individuals with special needs, fabric selection is perhaps the most important consideration. The fabric used in a design greatly influences the appearance, comfort, safety, and ultimate wear of the garment.

APPEARANCE — The color, pattern, and surface texture of the cloth should be selected according to individual taste. Light, bright colors add zest to a garment and generally will disguise a handicap.

COMFORT — Fabric comfort takes into consideration factors of warmth or coolness, absorption, and the feel of the garment against the skin. Smooth, soft fabrics, like a knit, are better suited for many persons than a corduroy or heavy fabric. Also, knit fabrics permit greater ease in dressing and are more comfortable because the fabric does not restrict movement. Tight garments can cause pain, especially when extra energy is expended in the joints and muscles in body movements.

WARMTH — In order to get warmth in a fabric it is necessary that an insulating layer or layers of still air be held around the body to prevent the loss of body heat. This is of special importance to a disabled person who lacks mobility and has slower blood circulation. Fur, wool, pile fabrics, quilted fabrics, and lined garments generally add warmth because air is held between the layers and warms the skin and body.

WEIGHT — Heavy clothes tend to restrict movement and cause fatigue, so very heavy fabrics should be avoided. In general, several layers of lightweight clothing are warmer than one layer of heavyweight fabric. The combination of warmth and lightness in a fabric is an advantage to anyone using crutches or a wheelchair. Warmth without weight provides maximum body movement and less energy expended.

ELASTICITY — A fabric that will stretch contributes to comfort by providing greater freedom in movement. In general, knit or stretch fabrics will give a feeling of elasticity that woven fabrics do not have.

ABSORPTION — A disabled person may perspire heavily and experience discomfort when the perspiration is not absorbed, or evaporated through the clothing. The natural fibers, such as cotton, linen, and wool, are absorbent as well as the man-made fiber, rayon. Nylon and polyester fabrics tend to resist absorption. Blended fabrics of cotton and polyester also are generally absorbent. Read the garment label to check the fiber content.

WEAR — The ability of a garment to withstand hard wear depends on the strength of the fiber and on the structure and texture of the fabric, as well as seam construction. A woven fabric is usually stronger than a knitted fabric, with the closely woven fabric more resistant to wear. A mixture of natural and synthetic fibers can give a fabric qualities of comfort and wear. Generally, the greater the portion of (man-made) synthetic fiber, the more durable the fabric.

SAFETY — It is wise to select fabrics which resist flammability. Some fabrics are naturally flame resistant, such as wool, while others are made flame resistant by the use of chemical finishes. When a flame resistant finish has been added to fabric, the washing instructions must be strictly followed if the finish is to remain effective after laundering.

SLIPPERINESS — Very slippery fabrics can be dangerous. A disabled person can slip while being moved or transferred from a bed or chair if the fabric of the garment being worn is very slippery. On the other hand, a slippery fabric is useful when sliding across the seat of a car to make a transfer easier.

Convenience Features

- Select wrap around openings in skirts and jumpers for ease in dressing and to encourage independence.

- Look for slacks or pants with lengthened crotch that include a longer than normal zipper in the fly front. These are available in specialty stores. Ask a clerk for assistance.

- Check to determine whether or not the fasteners at the opening are easily removed so that a substitute can be used. For example, on some garments grommets are not removeable for they may leave a hole in the fabric when taken off the article. Then, it may be wiser to pass the garment and seek one with buttons or a zipper.

- In general, short sleeves are preferred because they are more comfortable to wear, and usually are easier to pull on and off when dressing. Short sleeves provide greater safety than long flowing sleeves.

- In selecting clothing for the elderly, plan to use a sweater over the short sleeve garment for needed warmth. The colors should coordinate and be suitably matched.

- Short jackets, or capes, are less bulky and are better for people who sit a lot, or are confined to a wheelchair. The jacket with ribbing at the waist usually permits greater body movement and warmth because cold air will not circulate around the body.

- Capes and ponchos are ideal for the disabled, especially when using crutches. A cape allows the arms to be free and permits a better body swing. Also, there is less body restriction in the walking swing which can be restricted by sleeves.

- A cape or poncho will provide warmth without added weight. A store purchased cape or poncho can easily be lined if necessary. Simply lay the garment on a flat surface on top of a piece of paper. Draw a line on the paper around the outside of the poncho or cape. This now becomes a paper pattern which may be used to cut the lining.

Chapter 4

Protect Yourself . . . Read the Label

The label sewn into a garment contains a wealth of information. You as a consumer can make a purchasing decision based on the cost and type of care required for a garment by reading the label BEFORE purchase. The garment label should state the fiber content and, as required by the Federal Trade Commission, care and maintenance instructions. The purpose of the label is to:

- Disclose fully the cleansing method of the garment.
- Tell how to wash, bleach, dry, iron, dry clean, and any other procedure required to regularly care for the garment.
- Be accessible and easy to locate on the garment. The label should be visible on packaged items or the package wrapper should designate the care instructions.
- Disclose to the consumer all components of the product so that any part of the garment which is incompatible to the prescribed cleaning method is clearly indicated. It is possible that a garment can be composed of fibers or fabrics that disallow use of any suitable cleaning procedure. For example, a jacket consisting of man-made leather (vinyl) with pressed paper interfacing (cellulose) and a silk lining can neither be washed nor dry cleaned.
- Be positive and do not omit instructions and, if needed, additional words must tell the purchaser what to do. For example, "No bleach" does not completely instruct. "Wash by hand" is not sufficient if an article can also be dry cleaned. "Dry clean" should include type of solvent to be used.
- Inform the buyer about fabric sold by the yard. Fiber content and care instructions should be listed on the end of the fabric bolt. The care label should be supplied when a customer purchases fabric so that the label can be permanently sewn into the garment.

Each garment will have a tag or label with information listing fiber content and the garment manufacturer. Check the label for the type of fiber used in the fabric. Virgin wool will simply be listed as "wool" whereas reprocessed or reused wool will be listed as such. A wool blend will list fiber percentages; such as 80 percent wool, 20 percent polyester, etc. The same method is used to designate "all cotton" or "cotton blend."

In general, slacks or pants have the label at the waist. Shirts, blouses, and dresses carry the label at the back neck area near the collarline. Undergarment labels may be located inside the garment at a side seam or at the back neck area.

Machine Wash — Warm
Do Not Bleach
Tumble Dry, Low Heat
Professionally Dry Clean
Use Petroleum Solvent Only

Sample Labels

Hand Wash — Cold
Nonchlorine Bleach Only When Needed
Dry Flat, No Heat
Do Not Iron
Do Not Dry Clean

Care Label For a Jacket
Can be Washed or Dry Cleaned

Care Label For a Sweater
Can be Hand Washed Only

Care labels vary greatly as the size and style is determined by the individual manufacturer. The label informs the consumer regarding washing, drying, and/or dry cleaning the garment. Always read the instructions on the label before purchasing the garment. The easy care of a garment should be a consideration in the price paid. Dry cleaning and providing special care will add extra cost over the lifetime of the garment.

BUYER BEWARE!

READ AND BE AWARE!

Chapter 5

Sew . . . So Easily With the Correct Equipment

Your sewing task will be much easier and faster if you assemble your tools and keep them in one place. A handy container is a tote box similar to the utility trays used in the garden or the kitchen. These are inexpensive and readily available in a hardware or a department store. A small metal tool box can also be used as a carrier of sewing notions. All supplies are available at your local variety, fabric, or department store.

BASTING CLIPS

Can be used instead of pins to hold two pieces of fabric together, or to hold hems in place while sewing. They look like large, ridged paper clips.

BASTING TAPE

A thin, double-sided, sticky tape which eliminates pinning and thread basting. It can be left between two layers of fabric after stitching. Makes zipper applications easier.

BEESWAX

Strengthens the thread and prevents it from tangling when hand sewing.

CUTTING BOARD

The folding cardboard variety has 1" (25 mm) ruled lines on it for ease in "squaring" fabric before cutting. Special Tip: In order to make it lie flatter, gently bend the folds back and forth to loosen them.

MAGNET

Retrieves spilled pins. It draws the pins together for ease in picking up. (Brass pins will not stick to a magnet.)

MAGNETIC SEAM GUIDE

A guide placed near the presser foot which helps in keeping seam allowance at ⅝" (15 mm). It is adjustable to any seam allowance and is useable on all makes and models of machines.

MASKING TAPE

Standard household tape which holds pattern pieces and fabric together when sewing.

NEEDLES — HAND SEWING

Hand sewing needles come in sizes from 1 (coarse) to 10 (fine) and in several types to suit different sewing needs. Packaged assortments are available in sizes 3-9 and 5-10.

SHARPS — All-purpose, round-eyed needles of medium length.

BETWEENS — Short, round-eyed needles used for very fine sewing.

EASY-THREADING — Easy-threading needles with a top opening or center section opening, also known as "calyx-eyed" or self-threading needle. This hand sewing needle is especially useful for a person with limited vision or a physical limitation.

BALL POINT — Recommended for all knits and elastic fabrics. As the needle penetrates the fabric, the rounded point pushes aside the fabric yarns, instead of piercing and damaging them, avoiding a puncture or fabric hole.

NEEDLES — MACHINE SEWING

STANDARD — Machine needles come in size 9 (coarse) to size 18 (fine). Available in three groups: fine, medium, and coarse, which also is an indicator for weight of fabric to be stitched. Always select the brand suggested for the individual make and model of the sewing machine.

SLOTTED — Open-eyed needle for ease in threading the needle eye slot. A person with a physical limitation or impaired vision will find this useful as the thread glides along the needle shank into the slot at the eye.

BALL POINT — Available in same size range as standard needles. Used for knitted and stretch fabrics. These can be used for all purpose sewing also.

PIN CUSHION

A holder for pins and needles. A wrist type is very convenient as it is always with you when needed.

PINS

Long, slender, steel glass head pins (easy to locate when spilled) are the basic and easiest to use. Try different brands until you come up with a good one. Some people find those labeled "ball point" are useful for all fabrics.

PUSH PINS

Pins especially designed for fabric which resemble bulletin board tacks. This aid is essential for a handicapped person for it provides ease in all measuring and cutting operations.

SCISSORS

BENT-HANDLED SHEARS — The best for cutting fabric because the blades rest flat on the cutting surface, and it is not necessary to lift the fabric when cutting. The 7 or 8 inch (18 cm) lengths are most commonly used. The new light weight designs cut well and are very comfortable to use. Available in right or left hand models.

TRIMMING SCISSORS — Generally used for trimming and clipping seams. The 6 inch (15 cm) length is the easiest to handle, and is the most versatile trimming scissor.

SEAM RIPPER

A sharp edged, pointed tip tool, for cutting stitches and seams. Also handy at the sewing machine for cutting threads quickly. Assorted sizes are available in the sewing notions department.

SEWING GAUGE

A 6 inch (15 cm) ruler, with a sliding marker, excellent for marking hems and spacing buttons. For real convenience, have two — one at the machine, and one at the ironing board.

STEAM IRON

A shot-of-steam or surge-of-steam type is preferred, because the steam will press seams flatter.

TAILOR'S CHALK

A tool for placing marks on fabric. It brushes off. Some chalk holders have a sharpening device and an eraser brush. Colored chalk refills can be purchased separately. There is also a pencil type chalk available in black, white, and assorted colors, and it is composed of clay or wax.

TAPE MEASURE

A cloth, reinforced fiberglass or coated paper measuring device, usually 5 feet (1.60 m) in length. The centimeter/inch tape measure would provide both units of measurement and thus be more useful.

THIMBLE

A small cover to protect the finger which pushes the needle. It is especially useful for sewing heavy fabrics.

TRANSPARENT "FROSTED" TAPE

A "see through" tape used for marking the right and wrong sides of fabric. Used to hold buttons in place when stitching. Can be used in the place of pins as a machine stitch guide. When stitched in place onto fabric, it is easily removed and will wash out.

Chapter 6

Convenience Fasteners . . . Descriptions and Adaptations

Easy slip-on garments of knitted fabric, fashioned with large openings for the arms, head, and legs, may eliminate the need for fastenings. Open front garments are especially desirable. Selections should be made carefully to provide greatest ease in putting clothes on and off.

Clothes with side or front openings, longer openings, fasteners within easy reach and easy to grasp, can make dressing and undressing profoundly easier. The following types of fastenings offer such possibilities. The type, size, and location of the fastener determines the ease with which it can be managed. Fasteners should be easy to reach and grasp. Usually, center front fasteners are easier to operate than those located at the side or back. Their usefulness will vary with individual limitations.

A. BUTTONS AND BUTTONHOLES

Large, somewhat textured buttons are easier to grasp than smooth ones.

Large, flat buttons are easier to handle than small, fancy, rounded, or pointed ones.

Thread shanks reinforce the buttons and make them easier to grasp. (Figure 1.)

Figure 1

Buttonholes should be large enough to easily slip over the button. For some garments, vertical buttonholes are more easily managed than horizontal ones.

A buttoning device is a desirable aid when finger movement is limited. These can be purchased or hand-made. (Figure 2.)

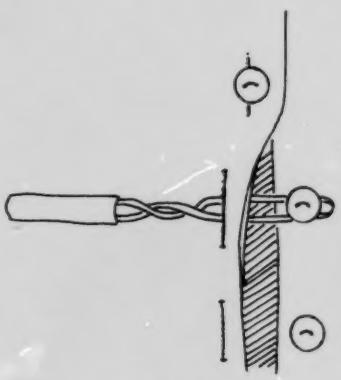


Figure 2

Sew buttons with elastic thread at cuff or similar opening to slide the hand through and eliminate unbuttoning. (Figure 3.)

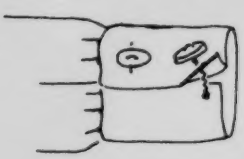


Figure 3

Make a slip through cufflink type sleeve by sewing a button on both ends of the cuff (on the right side) and then attaching an elastic thread chain between the buttons. (Figure 4.)

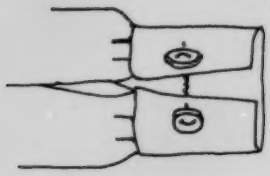


Figure 4

Fasten garment with Velcro tab sewn to replace the button and under the buttonhole. Sew buttons on top of the buttonhole which has been sewn together. The button becomes a decoration only for a fashionable look. (Figure 5.)

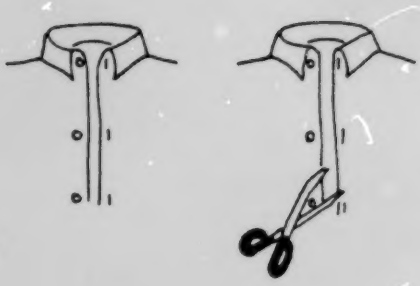


Figure 5

B. BELT BUCKLES AND BUTTONS

Magnetic fasteners require little skill to fasten. The magnet snaps together and separates with very little force. (Figure 6.)

Figure 6

C. ELASTIC THREAD OR CORD

Elastic loops can be sewn into a seam or at the edge of an opening. The elastic loop will easily slip over the button. Fasten large buttons with elastic loops by pulling or stretching the elastic over button. (Figure 7.)

Use elastic thread to provide an expandable waistline. Stitch the elastic thread from end to end of the waistline in horizontal parallel rows. Stretch fabric to the fullest width before stitching the elastic thread.

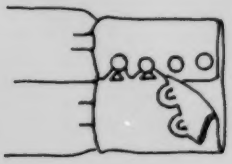


Figure 7

D. HOOKS AND EYES OR BARS

Use large, trouser type hooks and bars on waistbands. Two bars spaced on the waistband can make the band adjustable. Thus, there will be greater comfort and as weight varies the band can accommodate the weight gain or loss.

There are several types of bars used with hooks which enable one to more readily open and close a garment. (Figure 8.)

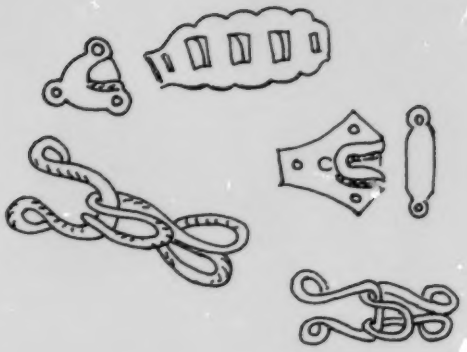


Figure 8

E. HOOK AND LOOP PRESSURE TAPE, NYLON PRESSURE TAPE, VELCRO

A tape with synthetic fiber hooks on one side, loops on the other, which grip together and peel apart and can be used for many closures. The nylon pressure tape requires minimum effort to open and close. It is available in most stores under the brand name of "Velcro." (Figure 9.)

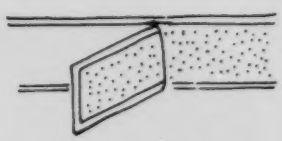


Figure 9

The holding strength of such tape is dependent upon the amount of tape used and the amount of pressure applied in closing.

Hook and loop pressure tape can be used in small pieces or a continuous strip. A continuous strip may create a stiff, nonpliable line which could be uncomfortable for the wearer. (Figure 10.)

Keep Velcro hook and loop pressure tape closed when laundering so lint won't collect and lessen the effectiveness of the grip.

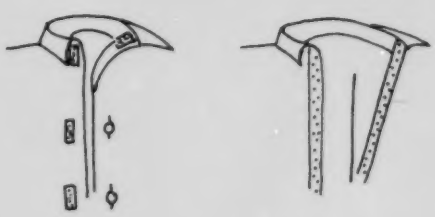


Figure 10

Apply as needed on clothing for hyperactive or retarded individuals who may otherwise rip clothing from their body.

Apply at waistbands; on skirts, trousers, wrap-arounds, and undergarments to provide adjustable fit. (Figure 11.) The tape can replace buttons or hooks and eyes. To retain the "buttoned" look, the buttons can be removed from the opening and sewn on top of the buttonhole.

Figure 11

Apply at inseam or side seam of slacks to permit partial or complete opening for ease in dressing. Also used to change full-length front, back, or side openings.

Apply to brassiere as a front opening. Close or fasten back closure and substitute Velcro at front. (See Chapter 16.)

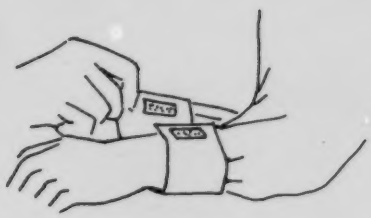


Figure 12

Apply to sleeves for ease in dressing. Open entire underarm sleeve seam. Sew in Velcro and close seam with pressure. (Figure 12.)

Apply at the fly front on trousers to replace zippers.

Apply to belt ends, cuffs, and use with removable trim on garments.

F. SNAP FASTENERS

Large snaps or gripper snaps are easy to manipulate but require hand and finger pressure to close. They are best used when a closure does not require much strain or tension. (Figure 13.)

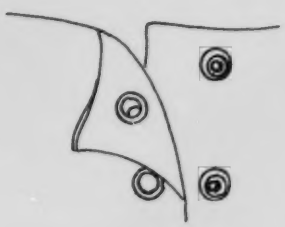


Figure 13

G. *ZIPPERS*

Zippers are available in various lengths and can be purchased in brass, aluminum, plastic, enamel, or nylon. They are available in a wide range of colors. Zipper weight and flexibility should be coordinated to the weight of the fabric and use of the garment. Any strain applied to the zipper can cause it to break, or pull apart along the coil (teeth).

Zippers should lock securely and slide easily; a lubricating wax can help make "zipping" easier.

Fasten a plastic, metal ring, or a thread loop to the zipper pull tab to make it easier to grasp. (Figure 14.)

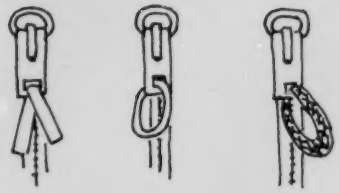


Figure 14

A thread chain loop on the garment at the bottom end of a zipper will help the person with limited hand functioning to stabilize the zipper when closing it. (Figure 15.)

Figure 15

A separating zipper accommodates an opening in a seam such as the side seam of slacks and skirts. By inserting a full length open-end zipper in the seam the garment can be opened flat. A person dressing in a seated position such as in a wheelchair will be able to dress with comfort and less physical exertion with the flat opened garment. The open style garment is also useful for one who dresses from a prone position.

Insert a zipper in the shoulder seam or in each seam of a raglan sleeve garment. The zipper provides an enlarged opening and ease in pulling over the head, or permits stepping into a garment. (Figure 16.) See Chapter 17 for instructions.

Figure 16

Insert extra long zippers at the inseam of slacks. This will provide ease in dressing and body movement for the wearer of a cast or brace.

A zipper placed at the inseam of slacks, makes it possible for the entire length of the leg to open. The separating hook for the zipper should be placed at the bottom of the leg. (Figure 17.)

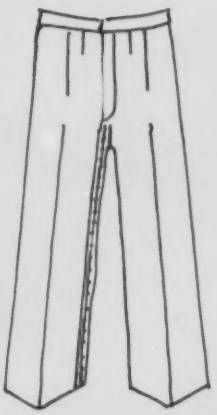


Figure 17

Girdles may have zippers added as needed to provide ease in dressing. Zippers can be placed in seams which will protect the stretch panels in the girdle. Zippers can go part way from bottom to center and top to center. The more openings provided, the greater ease and comfort in dressing. (Figure 18.)

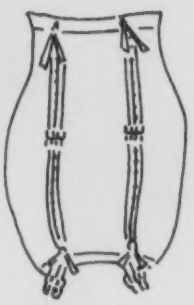


Figure 18

Chapter 7

Convenience Fasteners . . . Sewing Instructions

GENERAL TIPS

A novice or beginner may experience some difficulty at the first attempt to sew. Be assured that almost everyone has failures and successes in sewing as in most other do-it-yourself crafts. Be patient with yourself and try, try again. The following list of "tips" will make your sewing job easier.

- Threading a needle can be very simple, providing a method is used to hold the needle such as a pin cushion, or the arm of an upholstered chair or sofa. There are threading devices on the market which may be helpful in threading a hand sewing needle or a machine needle. The easiest to use is a simple bent wire needle threader which can be purchased at a low cost.

- Knotting the sewing thread is done best if the thread is tied at the loose end before cutting the thread length from the spool. When there is low energy or lack of strength to hold a spool, place the spool between the knees for stabilization.

- To tie a knot in the thread, wrap the thread around the index finger two times, then use the thumb against the index finger to roll the thread off the finger. Use two fingers to grasp the thread loops together, then pull the thread taut, which will form a knot at the end of the thread.

- To secure garment fabric and hold it in place, use a large embroidery hoop and place the fabric securely inside the hoop to hold everything together. If necessary (for the one-handed person), use a small table clamp to fasten the embroidery hoop to a stable surface (desk or table). The sewing can be then accomplished by using only one hand.

- When machine sewing, the foot control can be placed on the surface next to the sewing machine, thus, an elbow can be used to engage the machine to sew. Or, a foot control can be moved from the floor, attached to a board and nailed to the side of the table so that the knee can be used to operate the machine.

- To prevent sewing equipment and fabric from slipping around while sewing, place a piece of foam or heavy canvas on the surface of the working area.

BUTTONS

A. FLAT BUTTONS

This style of button is also referred to as a sew-through button. Bring the needle and thread up from the back of the fabric to the right side and take a small stitch to secure the thread and to make a knot. (Figure A.) Bring the needle up through one hole in the button. Place a toothpick or wooden match across the top of the button to allow room for a thread shank. (Figure C.) Then bring the needle down through another hole in the button, allowing the thread to go over the top of the toothpick or match, and back through the fabric. (Figure B.) Continue in this fashion for 5 or 6 more stitches, ending with the needle and thread between the button and the fabric. Remove the toothpick and wind the thread firmly around the loose threads under the button several times, forming a thread shank. (Figure C.) Push the needle through to the back of the fabric, and finish off with a knot.

Figure A

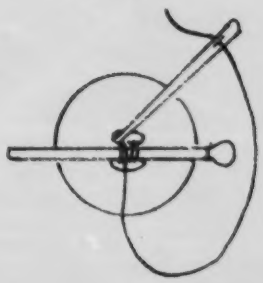


Figure B

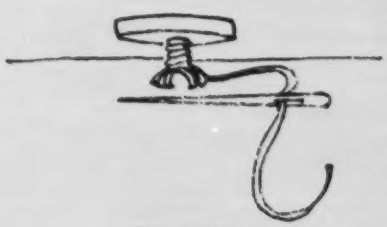


Figure C

B. SHANK BUTTONS

Shank buttons are sewn on with stitches made through the built-in shank. An additional small thread shank may be needed for some button styles when the shank is not long enough for easy grasping. (Figure D.)

Figure D

C. REINFORCED BUTTONS

Reinforcing buttons is done if the button is to be used under heavy strain, or with very soft fabrics. To do this, place a small, flat button on the inside of the garment directly under the button location. (Hold the small flat button in place with transparent tape.) Sew through the small button when attaching the fashion (outside) button, being sure to allow for a button shank. (Figure E.) With very soft fabrics, use a small patch of fabric or seam binding in place of the small flat button on the inside of the garment.

Figure E

D. FINISHING OFF FOR A BUTTON OR OTHER HAND STITCH

To secure the thread after hand sewing, take a second stitch in the same spot as the last stitch. Pull the thread through until a small loop of thread remains. Pass the needle 2 or 3 times through the thread loop, and pull the thread taut, forming a knot. (Figure F.) Take a final small stitch and cut the thread about ½" (1.3 cm) away from the knot.

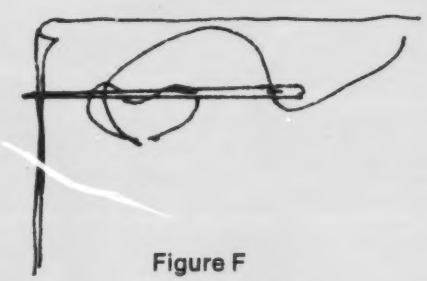


Figure F

BUTTONHOLES

Most garments are manufactured with machine sewn buttonholes, and they are referred to as a "work buttonhole" which contains a series of short close stitches around the opening (slot) in the fabric. Another type of buttonhole sometimes seen in coats and suit jackets has a folded fabric edge around the opening (slot) and are called "bound buttonholes."

When placing a "work buttonhole" in the garment, the stitcherist has a choice because it can be sewn by hand or on the sewing machine. If the sewing machine is to be used, the simplest and easiest procedure to follow is the method and/or step by step instructions provided in the sewing machine manual.

A buttonhole stitch is used to sew a hand worked buttonhole as it is very strong and can withstand lots of wear. It is suggested that a few practice stitches be sewn in a scrap of fabric, before the first attempt is made to complete a buttonhole. Thread a needle, No. 7 sharp, and use two strands of thread for the stitches. Insert the needle in the fabric (Figure G) from the underside at point A. Hold the thread away from the needle, insert the needle at point B, and bring it back to the front and top of the fabric at point C. Keep the thread underneath the needle. Pull the thread taut and repeat this stitch forming a bound edge inside the buttonhole opening. (Figure H.) Stitches should be close together, but not too crowded because they will not lie flat.

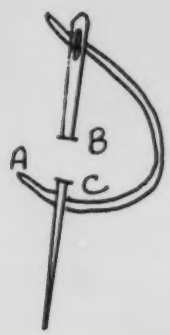


Figure G

Figure H

BUTTONHOLE MARKING AND STITCHING

Mark the placement and length of the buttonhole with pencil or chalk. Run a close basting stitch ¼ inch on each side of the buttonhole line. With sharp scissors, cut carefully through on the drawn buttonhole line. Insert the needle from the underside of the fabric. Do not knot the end of the thread, but leave about an inch of thread hanging, which will be tied off after the buttonhole is finished. Work the buttonhole stitch on the right side of the fabric starting at one end. Insert the needle toward you at the outside stitching line and loop the thread in a complete circle under the needle as shown in the practice stitch. Pull the stitch through so the purl (raised loop) forms right on the cut edge. (Figure I.) Follow this procedure around the buttonhole line, back to the starting point.

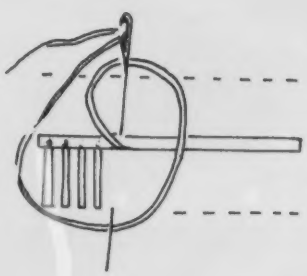


Figure I

At one end of the buttonhole, make five or six large stitches, forming a bar. Then make a series of small buttonhole stitches catching only the bar tack threads, which will form an anchor and strengthen the buttonhole (Figure J.)

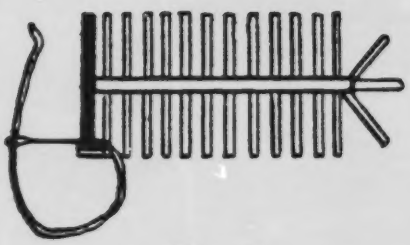


Figure J

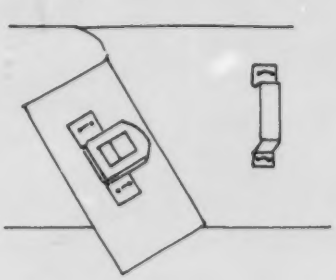
GRIPPER SNAP TAPE

This fastener is sold by the yard. It consists of a heavy cotton twill tape, with evenly spaced grippers attached to the cotton fabric. There are two strips of tape, one holding the flat side of the gripper which is the top half of the fastener pair. The other tape holds the raised part which fits into the upper (head) side. The advantage of this fastener is that the grippers are made of sturdy metal, will not break easily, and are rustproof. The cotton tape is almost 1 inch wide, with the grippers centered on the tape. Therefore, the gripper tape can be hand or machine sewn, eliminating the need to sew individual fasteners. Because cotton tape is subject to shrinkage, it is suggested that the gripper snap tape be wet with warm water and dried before use in a garment.

HOOK AND EYE FASTENERS

Hook and eye fasteners are sold in pairs so that the eye (bar) is sewn opposite the hook on the garment opening. Thread a No. 7 sharp needle with double strand of thread in appropriate color. Position the hook so the end is ⅛ inch (.3 cm) from the edge of the garment or seam. Sew two short stitches in each circle, and when the circles have been sewn down, push the needle under the fabric to make a knot and secure the threads.

Locate the spot for the bar (eye) to be sewn, and mark the spot with chalk or pin. Sew the bar with short stitches in each circle at each end of the bar.



Most packaged hook and eye fasteners are sold with detailed instructions included in the package. When in doubt or when using a new product, read the instructions before starting.

SNAPS

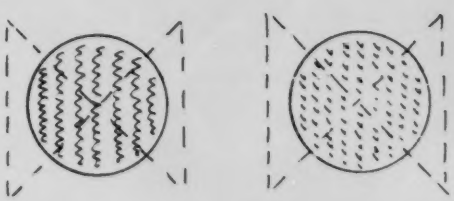
The snap fastener is divided into two parts, the flat section (top) and the raised section (bottom). When there is an overlapping seam, it is suggested that the flat part be sewn to the upper side, and the raised portion of the fabric nearest to the skin of the body. See illustration in Chapter 8.

The position for the snap should be marked, and a No. 7 sharp needle threaded with a double strand of the appropriate color of thread. Sew the flat part of the snap by inserting the needle into the small hole around the outside of the snap circle taking two or three stitches in each hole to secure it to the fabric. When finished, tie a knot on the wrong side of the fabric.

Overlap the opening and use a pin or chalk to mark the spot for the raised portion of the snap. To secure the snap while stitching, anchor it with a pin through the hole in the raised section. Again, stitch around the snap, taking two or three small stitches in each hole around the snap circle. Secure threads in a finishing knot.

VELCRO

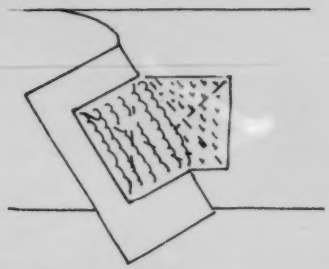
This pressure tape fastener can be difficult to sew by hand because it is stiff and resists a needle puncture because it is made of a sturdy nylon fiber. It is important that the softer (looped) side of the Velcro be sewn towards (facing) the skin, and the stiffer (hooked) side must face away from the body.



The position for the fastener can be marked with chalk or a pin, and it is very important that corresponding parts match. When the Velcro tabs are sewn in place, they should be evenly aligned so that the garment fabric will not pucker in between each fastener.

The circle shaped Velcro fastener can be sewn with an "X" pattern or a triangle pattern through the center of the circle. It is not necessary to stitch around the outside of the circle with holding stitches.

A square or rectangular tab of Velcro can be sewn around the outside edges, or in an "X" formation, depending upon the garment and location of the fastener. Avoid sewing long strips of Velcro (anything greater than 3 inches in length) because it is difficult to close the fastener, and there will be puckering along the edges of the garment opening.



When hand stitching, use a No. 5 sharp needle and double strand of thread. It is advisable to use a thimble to protect the sewing finger as it pushes the needle through the Velcro. When machine sewing, use a heavy duty needle, and stitch slowly so that the needle can take the stress as it sews through the Velcro.

ZIPPER FASTENERS

There are several methods of applying a zipper, and each type is fully explained with sewing instructions on the manufacturer's package. Regardless of the method used, all zippers can be sewn in a garment with hand or machine stitches. When using a machine, a zipper presser foot must be attached. The instructions for use of the zipper foot are included in the sewing machine manual.

Since these directions are specifically written for ready-made clothing, it might be wise to sew a zipper sample, using a 7 inch (17.8 cm) and two pieces of fabric, to simulate any garment.

When a specific zipper length is needed and is not available in the exact length at the store (such as a 6 inch or 16 inch), then a longer zipper must be used and cut to fit the opening. *Only* plastic or nylon coil zippers can be cut to a desired length. (If an odd size of a metal zipper is needed, then it must be special ordered through the Notions Department or a fabric store.) When it is necessary to cut a zipper, cut away the extra length at the bottom, near the zipper stop. After cutting off the coil and the cotton tape at the bottom, secure the coils so they will not separate. Sew a thread bar or tack across the coils from cotton tape to cotton tape. Sew four or five long stitches over and under the coil, thus forming a new zipper stop.

A helpful hint on zipper insertion is to use transparent tape to hold the zipper in place while sewing. Also, for slippery fabrics, it is suggested that the zipper be basted in place before the final stitching.

Chaper 8

Child's Sleeveless Undershirt . . . Alternate Openings

Adaptation

Modified garment for ease in dressing by addition of an open shoulder or center front opening. Alteration can be used in play clothes, swim wear and night gowns.

PURPOSE

The undershirt is adapted for use by a child with limited range of motion. Especially helpful for child with short limbs. The use of fasteners at the shoulders and/or center front permits ease in dressing. It encourages self-dressing and creates greater independence and at the same time conserves energy.

FABRIC SELECTION

Sleeveless undershirt of cotton, polyester, or blended fiber, in a stretch fabric.

NOTIONS

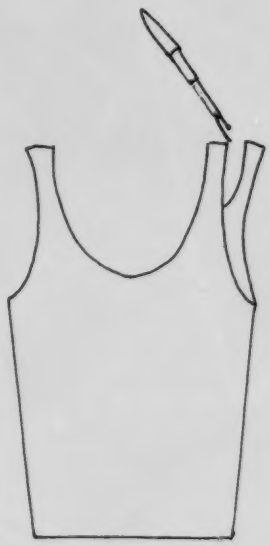
Thread; needle; pins; scissors; seam ripper; 2 sets of fasteners, snaps, gripper snap tape, or lightweight ¾ inch Velcro tabs.

SEWING TECHNIQUES

1. SHOULDER OPENING WITH VELCRO TABS

STEP 1.

Using a seam ripper, carefully cut stitches along binding at armhole and neck section of shoulder. Cut open seam.



Step 1

STEP 2.

Press under ¼ inch of fabric on each opened seam of the shoulder strap. Four straps will be pressed with seam section facing the wrong side of the fabric.

STEP 3.

Lay undershirt flat with front of shirt facing upwards. Sew Velcro tab on the wrong side of fabric of *front* shoulder strap. The looped side of Velcro is facing upwards. Sew by hand or machine stitch forming an "X" in center of the Velcro tab.

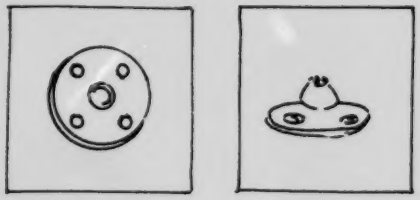
STEP 4.

Sew other Velcro tab on right side of fabric on the back shoulder strap. The hooked side of the Velcro is to be facing upward.

Steps 3 and 4

2. SHOULDER OPENING WITH SNAP FASTENER

Follow Steps 1 and 2 as shown in previous adaptation.



Flat Part **Raised Part**

STEP 3.

Separate snap into two sections. The raised part of the snap is sewn to the *back* shoulder strap, on the right side of the fabric. Place a pin through the hole in the raised part of the snap to secure it to serve as an anchor. Stitch through small holes around the center hole. Keep stitches very taut. Repeat this step to the other *back* shoulder strap.

STEP 4.

Sew the flat part of the snap to the *front* shoulder strap, on the wrong side of the fabric. Repeat this step on the other *front* shoulder strap.

Steps 3 and 4

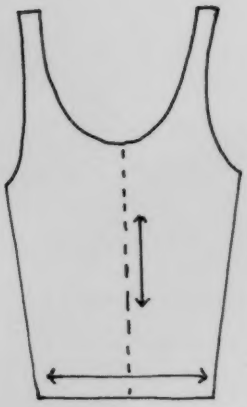
3. CENTER FRONT OPENING FOR VELCRO OR SNAP CLOSURES

STEP 1.

Measure across the shirt front from underarm side seam to underarm side seam to locate center front. Mark center front with chalk or pencil.

STEP 2.

At shirt bottom (hem) measure from side seam to side seam and locate center front line. Mark with chalk or pencil.



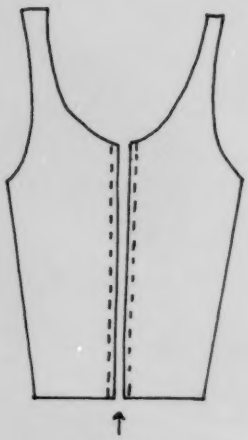
Steps 1, 2 and 3

STEP 3.

Draw a line from top center front to bottom center front. Carefully cut garment, *front* layer only, along center front line.

STEP 4.

Press under ½ inch on each raw edge of the opening at center front.



Step 4

STEP 5.

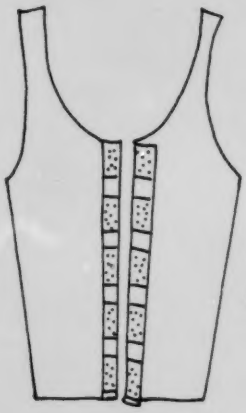
Measure from shirt neckline to bottom and select as many Velcro tabs as needed for measurement.

STEP 6.

Lay shirt flat with front facing upwards. On the left side of center front of undershirt opening sew Velcro tabs to the wrong side of fabric with the looped side up. Stitch Velcro tab in an "X" fashion.

STEP 7.

On right side of center front, sew hooked Velcro tab to the other edge of the undershirt.



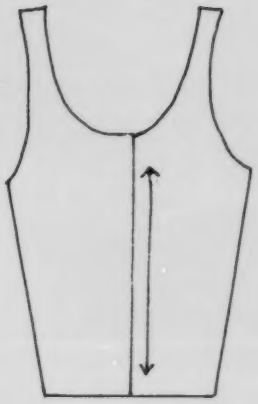
Steps 6 and 7

4. CENTER FRONT OPENING FOR GRIPPER SNAP TAPE FASTENER

Follow Steps 1 through 4 as shown in previous adaptation. Preshink gripper snap tape for good fit.

STEP 5.

Measure length of center front opening and add ½ inch. Measure gripper snap tape and cut a section for correct lengths. Be sure the gripper snap tape is snapped together (closed) when cutting the cotton tape.



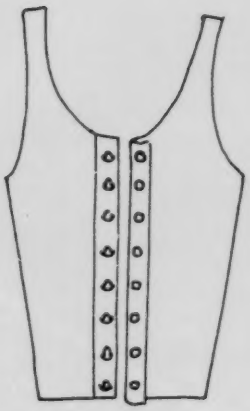
Step 5

STEP 6.

Lay shirt flat with front facing upwards. Turn under ¼ inch at the top and ¼ inch at the bottom of the gripper tape to prevent raveling. On the left side of undershirt center front, pin and sew the raised (high part) of the gripper tape to the *wrong* side of fabric.

STEP 7.

Turn under ¼ inch at the top and ¼ inch at the bottom of the gripper tape. On the right side of center front, pin and sew gripper snap tape to the *right* side of fabric.



Steps 6 and 7

Chapter 9

Child's Underwear . . . Drop Front Opening

Adaptation

Underpants are modified to provide a drop front.

PURPOSE

The drop front opening in the underpants will permit the child to toilet easily, and to facilitate quick changes as needed. This feature is useful to encourage self-toileting and to create independence.

FABRIC SELECTION

Cotton knit underpants are preferred because fabric is absorbent, durable, easy to launder, and stretches with the body. Nylon underpants can be modified, but the fabric is more difficult to handle.

NOTIONS

Thread; scissors; pins; transparent frosted tape; measuring tape; chalk or pencil; 1 inch bias tape or 1 inch twill tape; gripper snap tape, or Velcro strips. Bias, or twill tape, should be folded in half and pressed before stitching.

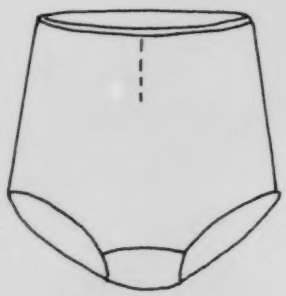
SEWING TECHNIQUES

STEP 1.

Lay underpants flat and locate center front. Measure and mark center front with pencil or chalk on the waistband.

STEP 2.

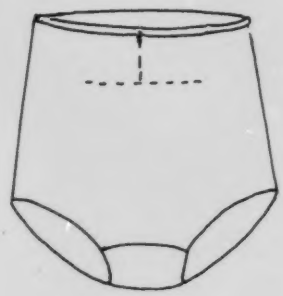
Measure down from center front and place a mark about 2 inches below the first mark. Draw a line joining the two marks.



Steps 1 and 2

STEP 3.

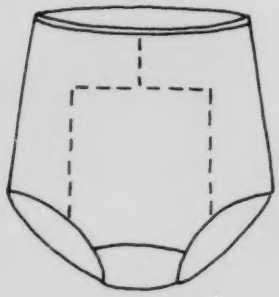
Draw a horizontal line across the front with mark No. 2 being the center point. Draw the line with pencil and the length of the line will be determined by the size of the garment (example — size 4 pants require a line of about 5 inches).



Step 3

STEP 4.

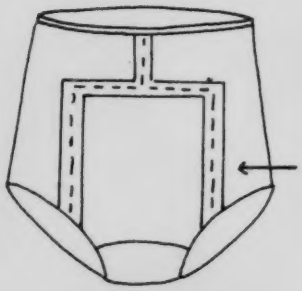
Draw a pencil line from mark No. 3 straight down to the leg opening and mark with pencil or chalk. Repeat this step at the other side. You now have located marks 5 and 6.



Step 4

STEP 5.

Center transparent tape over all of the markings. The tape will stabilize the fabric so that it can be cut easily.



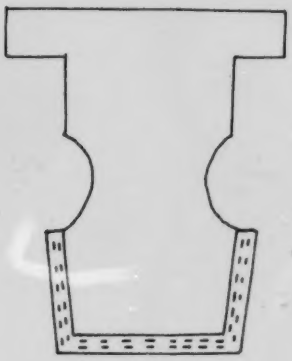
Step 5

STEP 6.

Cut fabric marking No. 1 to No. 2. Do not cut beyond marking No. 2. Cut from No. 2 to No. 3, and then from No. 2 to No. 4. Do not extend beyond No. 3 or No. 4. Then cut from No. 3 to No. 5, and from No. 4 to No. 6. After cutting is completed, remove the transparent tape.

STEP 7.

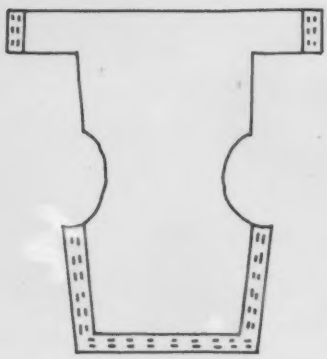
Using either bias or twill tape, pin the tape to the fabric along the raw edges of the drop front, catching about ¼ inch of the underpant to create a seam allowance. The tape should be folded in half and pressed so that the crease fits over the raw edge of the fabric. After the tape is pinned in place, then stitch along the edges of tape and fabric across the top and both sides of the flap.



Step 7

STEP 8.

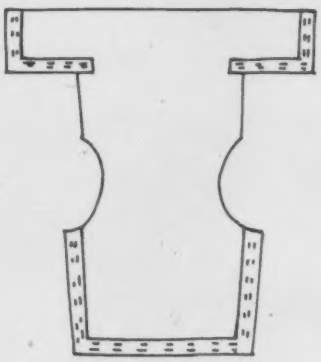
Measure center front opening from waist down to marking No. 2. Cut two pieces of bias tape or twill tape to the measurement. Pin and sew to raw edges. Catch ¼ inch of the fabric in the seam allowance. Repeat for the other center front section of the underpants.



Step 8

STEP 9.

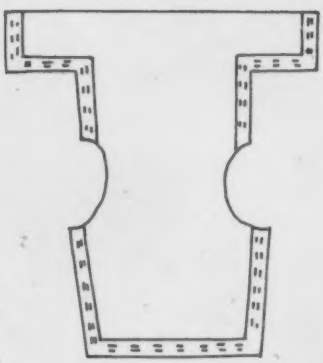
Measure across opening (marking No. 2 to 3, and No. 2 to 4). Add ¼ inch to this measurement before cutting tape. Cut two pieces of tape length of opening plus ¼ inch. The additional ¼ inch is turned under for a finished corner. Pin and stitch, one piece at a time, catching ¼ inch of fabric in the seam allowance. Repeat on the other side of the underpants.



Step 9

STEP 10.

Measure down along sides of the panties (from marking No. 3 to 5 and No. 4 to 6) from top of tape to the leg curve. Cut two pieces of tape this length plus ¼ inch. The additional ¼ inch is turned under for a finished edge at the leg. Catch ¼ inch of fabric as you stitch the seam. Repeat on the other side of the underpants.



Step 10

STEP 11.

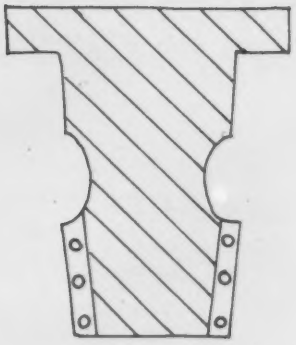
At center front, sew appropriate closure to hold the underpants at the waist.

Use one of the following methods to sew fasteners at the drop front.

GRIPPER SNAP TAPE
CLOSURE FOR DROP FRONT

STEP A.

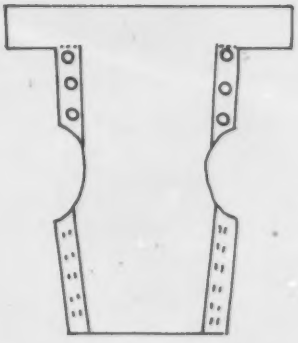
Measure right and left sides of drop front and add ½ inch to the measurement. With gripper tape snapped together, cut a strip equal to length needed to fit the drop front. Separate gripper tape, turn under each end ¼ inch, and press to prevent raveling. Pin and sew raised (high) hole section to inside side of panties at the drop front. Make sure holes are facing you and that the gripper snap tape is sewn to the wrong side of the underpants fabric.



Step A

STEP B.

Sew flat snap portion of the gripper tape to right side of the underpants to match the other half. The gripper tape will be sewn to the body side of the underpants.



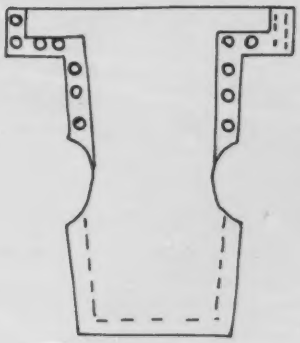
Step B

STEP C.

There is a small section of fabric which will wrap around the body at the waist and meet in center front. The length is approximately 2 inches. Measure the short distance from the waistband top to the section which will meet the front drop panel. Measure the gripper snap tape so that at least 2 fasteners (grippers) will fit in that space. Cut gripper snap tape and allow enough to turn under tape for a finished edge. Sew gripper snap tape so that the raised (high) holes part is on the waistband section on the right side of the fabric. Complete this step on both sides of the waistband section.

STEP D.

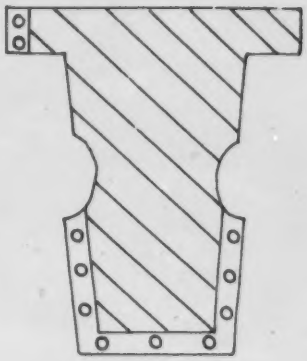
The waistband section when closed at center front will join the drop front panel. The area to be measured goes across the stomach. Measure the space and check the gripper snap tape so that at least two fasteners will fit in place. Cut amount of tape needed and allow for a tape to turn under for a finished edge. Place the raised (high) hole part of the tape in place. Sew the gripper snap tape to the right side of the fabric on one front section and then the other. Discard the flat section of these two pieces for they are not useable.



Step D

STEP E.

The drop front panel will meet the body section which was just completed. Place panties with wrong side of fabric facing upwards. Measure center front section of drop front. Cut gripper snap tape and allow for tape to be turned under for a finished edge. Count the number of fasteners (gripper raised section) needed for the matching section of the panties. There should be an equal number of flat gripper units so the drop front flap will lie flat across the stomach area. Sew the tape to the wrong side of the fabric.



Step E

VELCRO FASTENER CLOSURE FOR DROP FRONT

The method to apply Velcro closures is similar to Steps A through E of the gripper snap tape instructions.

Measure right and left sides of drop front. With Velcro strips fastened together, cut two pieces equal to this measurement. To cut through two thicknesses of Velcro will require sharp scissors.

Lay drop front of underpants flat. Separate Velcro and pin hooked side of Velcro to the inside side of drop front on top of bias or twill tape. Stitch along edge of Velcro to secure in place. Repeat on other side of drop front.

Pin and stitch looped side of Velcro to side of panties facing the body. Continue, following method shown for the gripper snap tape, but substitute the Velcro fastener at each location.

Chapter 10

Child's Dress or Shirt . . . Protective Front Cover

Adaptation

Any suitable garment with interchangeable front covering added.

PURPOSE

The addition of an interchangeable bib permits a parent, guardian, or the child to make a simple change with a front cover rather than a complete garment change when there is drooling or soiling at mealtimes.

FRONT COVER FABRIC SELECTION

The protective front cover should be strong, stabilized to resist stretch, shrinkproof, wrinkleproof, easy to wash, and quick drying. A polyester fabric is suggested. It is intended that the cover-up look like part of the original garment in design and fit. The fabric colors, print, or design chosen should be an attractive addition to the garment and well coordinated. The cover-up will require an interfacing of lightweight, waterproof nylon, or plastic fabric. The interfacing will go in between the two layers of the fashion fabric.

Yardage for the cover-up fabric and waterproof interfacing is approximately as follows: small size (birth to toddler) ¼ yard of each fabric; for a medium size, ⅓ yard of each fabric (ages 4 to 10 years); and for large sizes, ½ yard of each fabric.

NOTIONS

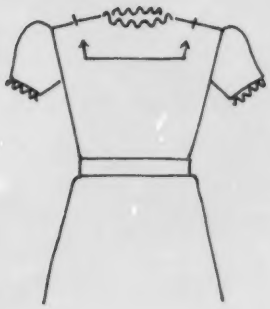
Thread matched to the fabric color; scissors; measuring tape; chalk; pins; 2 fasteners for each cover-up; buttons; or Velcro tabs.

MEASUREMENT FOR A COVER-UP PATTERN

WIDTH

Mark shoulder seams with chalk to indicate the center point of each shoulder.

Measure garment from the middle of the shoulder seam across to the other shoulder seam to determine width of the bib.



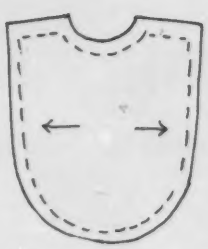
LENGTH

Measure from the shoulder chalk mark down to the waist, or desired front length of cover. The center front neckline of the cover should be about ½ inch below the neckline of the garment.

SEWING TECHNIQUES

STEP 1.

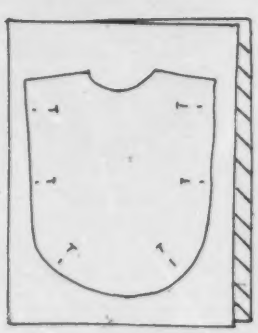
Draw a pattern on plain paper, using measurements taken previously. Add ½ inch to all edges for seam allowances. Check measurements, mark seam allowances and cutting lines. Cut paper pattern and check it against the garment. Adjust paper pattern as needed.



Step 1

STEP 2.

Place final paper pattern on folded fabric and pin in place. If fabric has a stripe or figure, be sure the pattern is straight with the fabric. Cut carefully along pattern edge, cutting 2 layers of fabric.



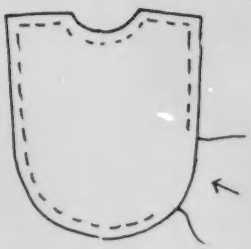
Step 2

STEP 3.

Place pattern on single layer of interfacing fabric and pin. Cut fabric carefully along pattern edge.

STEP 4.

With right sides of fabric together, and interfacing against one piece of the wrong side of fabric, pin along the edge. Then hand or machine stitch along curved edge using a ½ inch seam allowance. There will be 3 layers of cover fabric to stitch. Leave a 4 inch opening on the side seam for turning cover to the right side.



Step 4

STEP 5.

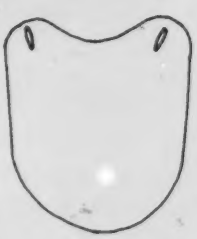
Pull the right side of the fabric through the opening. With the right side out, press the cover flat with a very cool iron. Slip stitch opening by hand or machine.

Step 5

STEP 6.

BUTTON FASTENERS FOR COVER

Measure buttons, add ⅛ inch to the measurement and place a line on the cover-up for the buttonholes. The buttonhole should be centered at the shoulder. Make a buttonhole by hand or machine stitching. Sew one button to the garment at each shoulder seam to attach the cover-up.



Step 6

STEP 7.

VELCRO FASTENERS

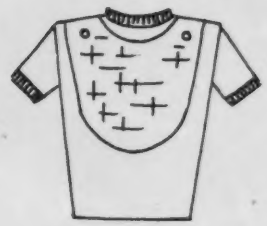
Velcro fasteners, if desired, should be the lightweight Velcro tabs. Sew one onto the wrong side of the cover at the shoulder center. Sew the other Velcro tab onto shoulder seam of the garment.

Step 7

STEP 8.

SNAP FASTENERS

Snaps can be used to attach the cover to the garment. Sew the flat part of the snap onto shoulder seam and the raised, or pointed part, of snap onto the cover-up.



Step 8

STYLE VARIATIONS

The cover-up may be decorated for girls by using rick-rack, lace, iron-on decals, or a ruffle made from the same fabric as the cover. For boys, add a racing stripe, monogram, miniature flag, or similar emblem for a fashionable and individual look.

Chapter 11

Child's T-Shirt . . . Enlarged Neck Opening

ADAPTATION A — LARGE SCOOP OPENING

ADAPTATION B — V-NECK OPENING

PURPOSE

T-shirts and/or undershirts with a scoop neck or V-neck style are not readily available in the ready-to-wear market for children. A person with limited range of motion experiences difficulty in dressing, therefore, the large neck opening permits easier access in pulling the shirt over the head. Modifying the shirt to include a larger neck opening reduces body movement in the shoulder and arm areas, and requires less physical dexterity.

FABRIC SELECTION

Any standard T-shirt or undershirt with ribbed knit neck band made of a polyester and cotton blend, or 100% all cotton fiber is suitable.

NOTIONS

Tubular form ribbed knit (ribbing), 4 inches in length; scissors; thread; pins; pencil or chalk; frosted transparent tape; measuring tape; and seam ripper.

SEWING TECHNIQUES

ADAPTATION A — SCOOP NECK OPENING

STEP 1.

Locate center front of neckband and mark a "dot" with pencil or chalk. Measure down center front approximately 4 inches and mark another dot.

Step 1.

STEP 2.

With seam ripper, carefully cut machine stitches along the front neckline band of the shirt from side seam to side seam. Cut into the shoulder seam to remove the band on the side that doesn't have a seam.

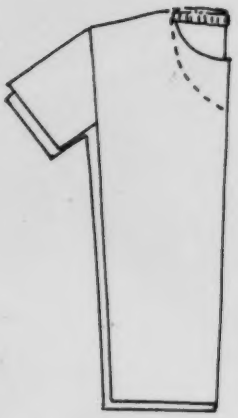
Step 2.
Cut into neckline

STEP 3.

Fold the shirt in half so that shoulder seams meet and a fold forms at the center front. Pin at the center and the shoulder seam.

STEP 4.

Carefully draw a curved line from shoulder seam edge to the 4 inch mark at center front. Curve the line towards the marking. Repeat, by drawing a line on the other side from shoulder seam to center front.



Steps 3 and 4

STEP 5.

Unpin center front and shoulders, and lay the shirt flat. Center transparent tape over the newly drawn line. Cut along the line to create a new neckline and re-tape. The tape will stabilize the fabric.

Step 5

STEP 6.

Cut the tubular rib knit the same width as the existing back neck band. Measure length of the new curved neckline from shoulder seam to shoulder seam. Cut length for the scoop neck, making it 1 inch less than the measurement. For a good fit it will be necessary to stretch the ribbing across the neckline front.

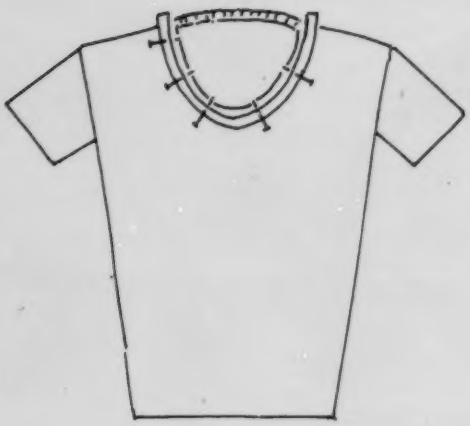
Step 6

STEP 7.

Fold ribbing in half and press. This will make it easier to pin and stitch in place.

STEP 8.

Pin the ribbing to right side of the shirt placing raw edge to raw edge of fabric. Stretch the ribbing as it is pinned in place. Make sure the ribbing overlaps about ¼ inch at the shoulder seams.



Step 8

STEP 9.

Adjust sewing machine for narrow zig zag stitch. Follow the fabric raw edge and stitch closely at ¼ inch holding three layers of fabric together. Stitch through the double layer of ribbing and single layer of the shirt front.

Step 9

STEP 10.

Pin front neckline ribbing to the original back neck ribbing at the shoulder seams. Zig zag stitch a ¼ inch seam close to the edge. Stitch shoulder seams to reinforce neck and shoulder area.

Step 10

ADAPTATION B — V-NECK OPENING

Follow Step 1 through Step 3 as shown for Adaptation A.

Step 4

STEP 4.

Carefully draw a straight line from the shoulder seam to the 4 inch center front marking. Use a ruler to draw the straight line, and repeat on the other side from shoulder seam to center front.

Follow Step 5 as shown in Adaptation A.

STEP 6.

Cut two sections of the tubular rib knit the same width as the existing back neckband. Measure length of new neckline from shoulder seam to center front marking. Cut two pieces of ribbing each ½ inch shorter than the measured length so the ribbing can be stretched when pinned into place.

STEP 7.

Fold ribbing pieces in half and press. Pressing will make it easier to stitch in place.

Step 8

STEP 8.

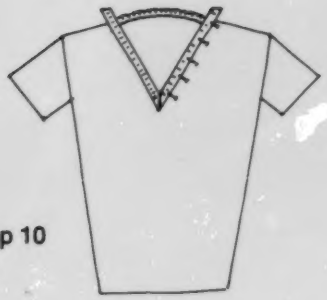
Lay the shirt flat with front facing upwards. Pin the ribbing to left hand side of the V-opening, matching raw edges of fabric. Be certain ribbing is pinned to right side (outside) of shirt and shoulder seam overlaps about ¼ inch. Ribbing is stretched and should extend at center front about ½ inch.

STEP 9.

Follow directions for this step as shown in Adaptation A.

STEP 10.

Lay shirt flat with front facing upwards and pin ribbing to the right hand side of shirt. Check the shoulder seam overlap for the ¼ inch. The ribbing will extend at center front point of the V about ½ inch to allow fabric to turn under for a neat edge.



Step 10

STEP 11.

Stitch ribbing with a zig zag stitch and stitch close to the fabric raw edge, holding the three layers of fabric.

Step 11

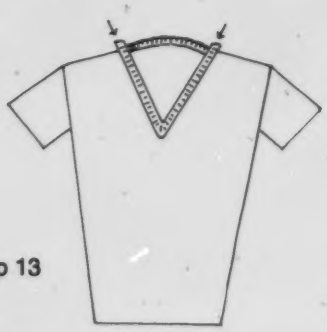
STEP 12.

Turn shirt inside out. At the V-point hand or machine stitch the two pieces of ribbing together. Stitching must be straight so that the V-point is centered in front.

Step 12

STEP 13.

Pin front neck ribbing to the original back neck ribbing at the shoulder seams using a ¼ inch seam. Zig zag stitch close to the edge. Restitch shoulder seams to reinforce seam areas.



Step 13

Chapter 12
Child's Sleeper . . . Crotch Opening

Adaptation

Modified for ease in diaper changing with addition of a zipper at the crotch seam of the sleeper, and other one-piece garments such as creepers.

PURPOSE

By adding a zipper at the crotch seam of the sleeper, provision is made for easy removal and replacement of a diaper without having to completely undress the child. Many times a child is wearing diapers for a number of years due to a disability, and the one-piece sleeper is a convenient sleep garment. Additionally, this modification is especially useful when changing the child who must wear a brace at the hip, pelvic, or leg area.

GARMENT SELECTION

A one piece sleeper with feet.

NOTIONS

Neckline type zipper (length is determined by measurement of the inside leg seam and crotch area); ½ inch bias or twill tape; thread; scissors; pins; seam ripper; and measuring tape.

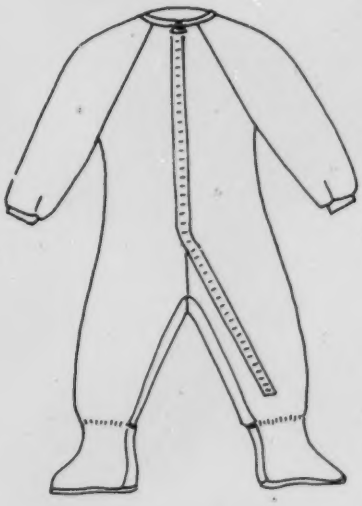


Figure 1

SEWING TECHNIQUES

STEP 1.

Measure inside leg and crotch seam from foot to foot. The seam may extend to the foot covering while other creeper styles have the seam ending at the ankle position. Purchase a zipper that is closest to the measurement, and of a matching color. (Figure 1.)

If the feet are sewn on to the garment at the ankle (rather than a continuous part of the body of the garment), measure inside leg and crotch seam to the seam where the foot section is attached. (Figure 2.)

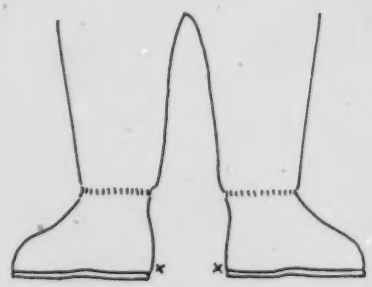


Figure 2

On a sleeper with plastic sole foot covers, measure inside leg and crotch seam from plastic sole to plastic sole. (Figure 3.)

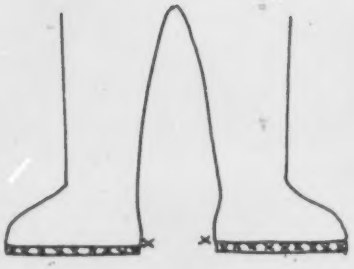


Figure 3

STEP 2.

Using seam ripper or small scissors, carefully open the inside leg and crotch seam from foot to foot. Since the seam is narrow and the edge of the seam allowances are stitched together, cutting the stitches is more difficult than if a single straight row of stitching had been used. Proceed carefully and cut only the machine stitches. (Figure 4.)

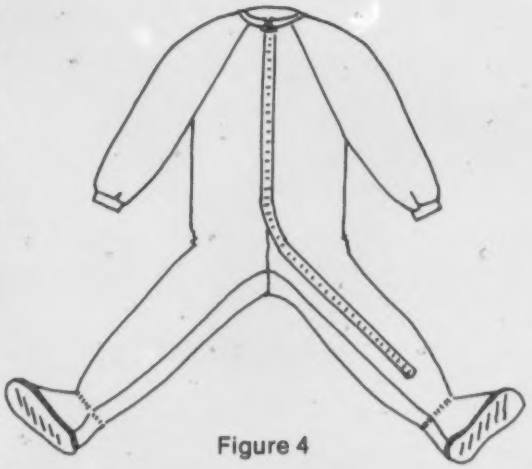


Figure 4

STEP 3.

Stitch a piece of ½ inch twill tape (or bias tape if the garment is made of stretch terry or other knit fabrics), the length of the opening, to both sides of the opened seam. This will reinforce the seam and make it possible to turn under the seam and press flat against the inside of the sleeper before inserting the zipper. (Figure 5.)

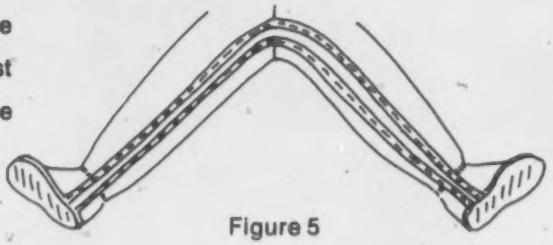


Figure 5

STEP 4.

Read instructions on the zipper package before starting to insert the zipper. Pin the zipper into the opening and follow the instructions step-by-step. (Figure 6.)

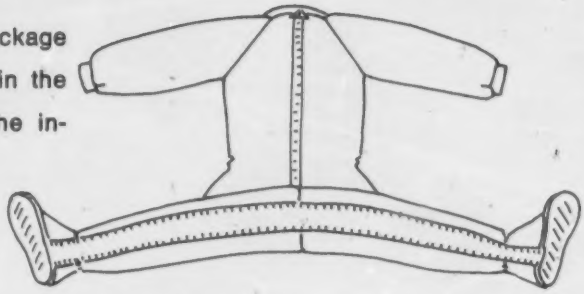


Figure 6

STEP 5.

Machine or hand sew the zipper in place by stitching along the zipper tape to hold the zipper in place in the seam with the bias or twill tape. Reinforce ends of the opening by double stitching at each location. (Figure 7.)

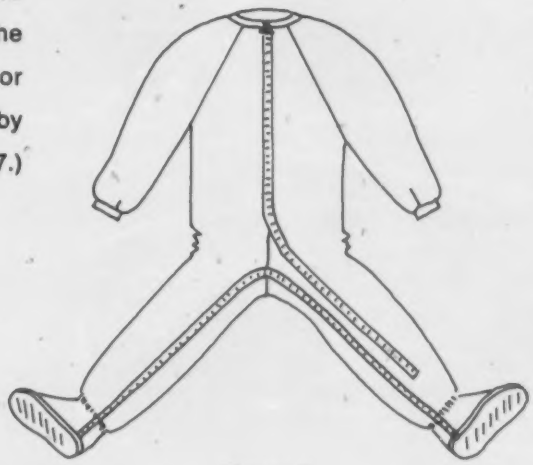


Figure 7
Stitch tape to each side of open seam.

Chapter 13

Boxer Shorts . . . Center Front Opening

Adaptation

Center front opening added at waistband.

PURPOSE

Shorts are adapted to assist an individual who may have limited movement, low energy, arthritis, or paralysis to permit ease in dressing and toileting. A fastener at the center front waist permits the wearer to open the garment with ease and speed.

GARMENT SELECTION

Boxer style shorts of 100% cotton, or, a cotton blended fabric. Purchase correct size, not a size larger or smaller.

NOTIONS

Thread; pins; seam ripper; scissors; the preferred fastener of velcro; large snap or hook and eye closure.

SEWING TECHNIQUES

Using a seam ripper, carefully cut machine stitches at waistband center front above the fly opening. Also, it will be necessary to cut the elastic at the waistband. Turn under fabric to eliminate a raw edge. Or, for a neater finish, sew a small square of fabric over the waistband end which has been cut apart.

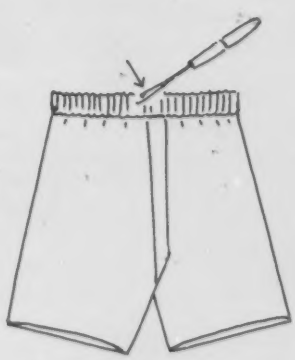
VELCRO CLOSURE

STEP 1.

Lay shorts flat on the table so that waistband ends meet at center front and the flaps are evenly aligned when ends are overlapped.

STEP 2.

Velcro tabs can be circular or square cut based upon individual choice. (See Chapter 7.) Sew Velcro tab on left hand side of the waistband with the looped side of the Velcro facing upwards. Sew by hand or machine using an "X" pattern. Stitch through all thicknesses.



Open Stitches

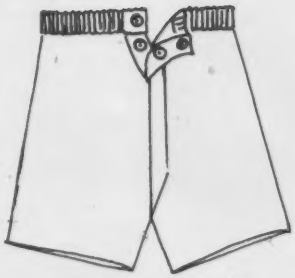
STEP 3.

Sew Velcro tab on the right hand side of the waistband with the hooked side of Velcro on the inside section of the band.

LARGE SNAP FASTENER

STEP 1.

Lay shorts flat on the table so that waistband ends meet at center front and overlap. Separate snap set.



STEP 2.

Sew raised (high) portion of the snap to left hand side of the waistband on the right side of the fabric.

STEP 3.

Sew flat portion of the snap to the right hand side of the waistband on the inside section of the band.

HOOK AND EYE FASTENER

STEP 1.

Lay shorts flat and sew the eye portion of fastener to left hand side of the waistband. See Chapter 7. Stitch securely by holding the fastener tightly against the fabric.

STEP 2.

Sew hook portion of fastener to right hand side of waistband on the other side of the center front at the waistband.

Chapter 14

Jockey Shorts . . . Drop Front Opening

Adaptation

Shorts are modified to include a drop front opening.

PURPOSE

The drop front opening permits an individual to make a quick change as needed, provides ease in dressing, and also aids in toileting. For one who has incontinence, this underwear is efficient for undressing and can be used in conjunction with a catheter for ease in elimination.

GARMENT SELECTION

Jockey shorts constructed of 100% cotton fabric with an elastic waist. Nylon shorts would not be suitable for this adaptation.

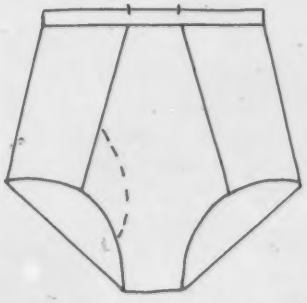
NOTIONS

Six inch Velcro strip; two yards of 1 inch bias or twill tape; scissors; pins; thread; pencil; measuring tape or ruler; and frosted transparent tape.

SEWING TECHNIQUES

STEP 1.

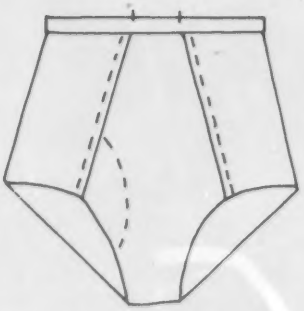
Locate the points on the elastic waistband, above the seam joints at the front panel of the shorts where the seam is topstitched into position. Mark two dots on the waistband using pencil or chalk. Point A.



Step 1

STEP 2.

Locate the points where the leg edge and the stitching at the front panels meet. Mark the two points with pencil or chalk. Point B. Draw a line from the waistband dot to the leg edges from points A to B, following the fold of fabric from the front panel.



Step 2

STEP 3.

Place strips of transparent tape centered over each of the drawn lines to stabilize the fabric before cutting.

STEP 4.

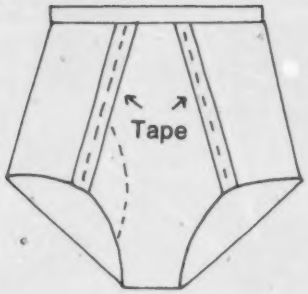
Cut carefully from point A to B along each side of the front panel. After cutting, the front will open and drop down, to form a flap.

STEP 5.

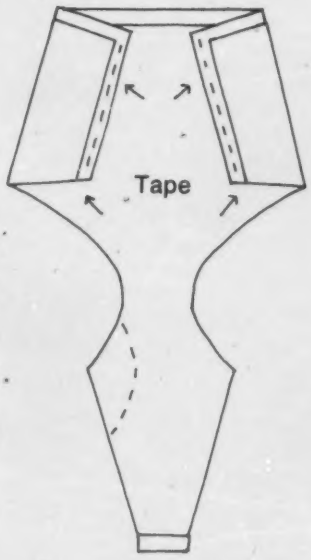
Measure along the side panels with a measuring tape. Add 1 inch to this measurement to finish edges. Cut a strip of bias or twill tape the same length as the final measurement. Pin the bias tape to the cut raw edge of one side panel catching fabric in a ¼ inch seam. Machine straight stitch tape in place with ¼ inch seam. At leg edge and waist, fold over the twill tape on the inside to create a fold for a clean finish at the edges. Repeat Step 4 and Step 5, and sew tape to the other front side panel section.

STEP 6.

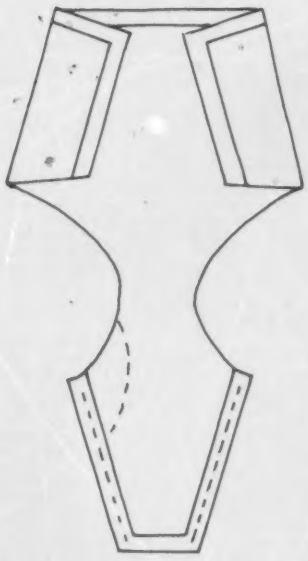
Trim away the raw edge of the front drop flap to the stitching line to remove any bulk from garment original seam. Measure the drop front flap side edges with a measuring tape and add 1 inch to this measurement. Pin the bias tape to the inside of the front panel along one side edge. At the waist and leg edge, fold the bias tape under to obtain a clean finish at the edges. Stitch twill or bias tape in place by stitching along each edge of the tape. Repeat this step on the other side of the front drop flap.



Step 3



Step 5


Step 6

STEP 7.

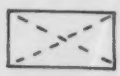
Measure Velcro strip to divide it into six equal 1 inch sections. Mark Velcro strips with a pencil, and cut it into six parts.

STEP 8.

Separate the Velcro strips so that the soft, fuzzy looped side is stitched to the front drop flap, and the rough hooked side is sewn to the front waist and side panels. (The rough hooked side of the Velcro is sewn to the side front panels which fit next to the body so that the Velcro will face away from the skin and not be irritating.)

STEP 9.

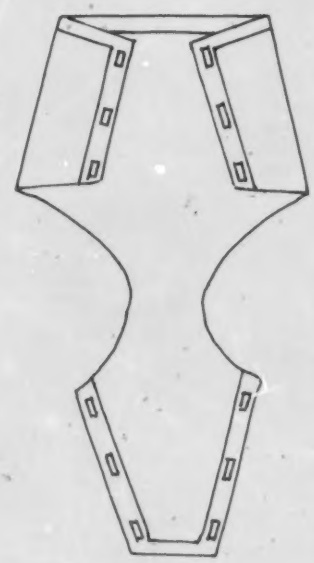
On the front side panel place the Velcro strips on the bias or twill tape. Place one strip at the waist, one at the leg edge, and one in the center. Stitch in place by sewing an "X" pattern through the Velcro tabs.



Stitching

STEP 10.

On the front drop flap, place the other half of the Velcro strips over the bias tape. The Velcro looped soft side should align properly with the Velcro corresponding to the tabs on the front side panels at the waist, leg edges, and in the center. Stitch in place by sewing an "X" pattern through the Velcro.



Steps 9 and 10

Chapter 15

Petticoat or Slip . . . Center Front Opening

Adaptation

A slip or petticoat adapted by addition of a center front zipper.

PURPOSE

Insertion of a zipper in the front of a slip permits the wearer to easily step into the garment and pull it up over the hips. When stepping into the slip the person should be seated to avoid falling. The wide opening makes it easier for one with low energy, arthritis, or limited range of motion, to dress independently. This adaptation is especially useful for the woman who has had a mastectomy.

GARMENT SELECTION

A full slip with or without lace trim would be suitable. The slip can be made of any type of fabric.

NOTIONS

A 22 inch neckline zipper (an invisible zipper is not suitable); thread; pins; measuring tape; yard stick; scissors; frosted transparent tape; and chalk or pencil.

SEWING TECHNIQUES

STEP 1.

Measure from the neckline center front of the slip between the straps to a point 22 inches down center front. Be sure that the slip is lying flat to obtain an accurate measurement. Use chalk or pencil to draw the center front line, which will become the zipper insertion line.

STEP 2.

The line for zipper placement is drawn on the fabric right side of the slip. Use chalk or pencil and yard stick to draw a 22 inch line down center front.

Steps 1 and 2

STEP 3.

To stabilize the fabric, place lengths of transparent tape ¼ inch away from the center front line. Place tape on each side of the drawn line.

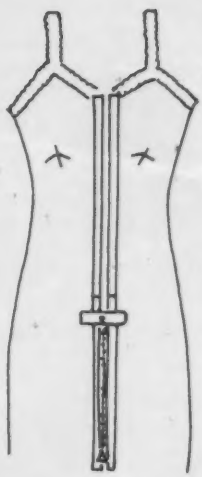
Step 3

STEP 4.

With right sides together, place bottom stop of the zipper at end of drawn line on the slip fabric right side. Place zipper entirely below marked line. Hold zipper in place with a piece of transparent tape or a pin.

STEP 5.

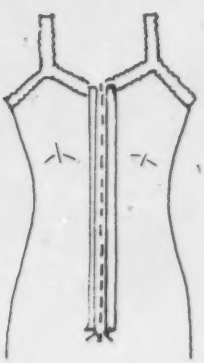
Attach the zipper presser foot to the sewing machine and stitch directly below bottom stop of zipper tape several times. Do not stitch any wider than the bottom stop of the zipper teeth. This stitch forms a bar tack which is the holding stitch.



Steps 4 and 5

STEP 6.

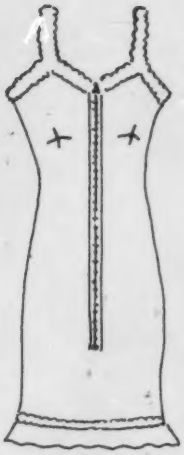
Cut the slip fabric along the center front line in between the transparent tape. End the cut at ¼ inch from the zipper bottom stop. Make two small diagonal cuts at the zipper stop. (See Chapter 17 step number 12 for a diagram.)



Bring the entire zipper up towards the neckline of the slip. The rough ends of the zipper tape will lie flat inside the slip.

Slide slip fabric raw edge over the left side of zipper tape and pin the slip fabric to the zipper tape from slip bottom to neckline top. Stitch zipper in place. (Use appropriate zipper foot for the sewing machine.) Then stitch other side of slip fabric to the zipper tape.

After zipper is stitched in place, the edge of the zipper tape and the cut edge of the slip fabric can be overcast to prevent ravelling. Or top stitch all around the zipper coil on the right side of the slip to enable the zipper to lie flat.



Finished Garment

Chapter 16

Brassiere . . . Front Opening

Adaptation

Bra adaptation to provide a front opening.

PURPOSE

A bra with a front closure permits easy access for a woman with limited range of motion, such as an arthritic or mastectomate; weak fingers; low energy; obesity; or visual limitation. A front closure bra encourages independence in dressing.

GARMENT SELECTION

A well structured back opening bra of cotton or polyester fabric. This technique will adapt to all types of brassieres, regular and/or long line.

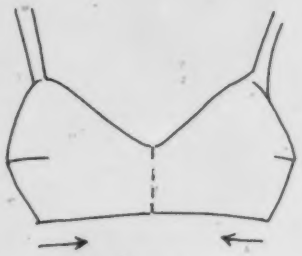
NOTIONS

Bra or swim hook fasteners; or, lightweight ½ inch Velcro fasteners; or, large hook and eye fasteners; one half yard of 1½ inch bias tape; thread; pins; scissors; measuring tape; and chalk.

SEWING TECHNIQUES

STEP 1.

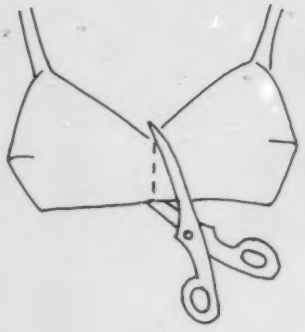
Locate center front of the bra by measuring from side seam to side seam. Draw a line with chalk or pencil at the center front between cups of the bra.



Step 1

STEP 2.

Carefully cut along the center front line, drawn in Step 1.



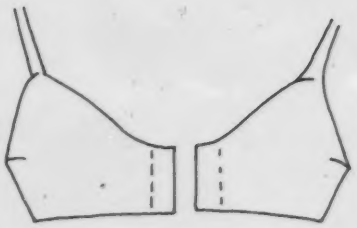
Step 2

STEP 3.

Measure the length (up and down) of the cut section at center front. Cut a piece of bias tape equal to this measurement. The bias tape will cover the cut raw edge of the bra fabric that goes across the body front.

STEP 4.

Lap one edge of the tape about ¼ inch over cut edge of bra center front. Pin and sew the tape to the inside of the bra so that the other raw edge and end of the tape will remain flat for later use. Repeat this step at the other side of the center front. The application of the tape provides the base for a fastener.

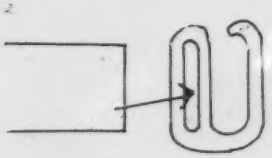


Steps 3 and 4

BRA OR SWIM HOOK FASTENER, ADAPTATION A

STEP 5-A.

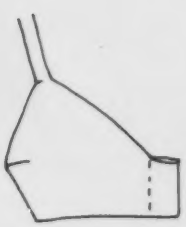
If it is a regular bra, not a long line bra, place the free end of tape through the closed portion of bra hook or swim hook fastener. Then stitch down the loose bias tape end to the bra front to hold the hook in place.



Step 5-A

STEP 5-B.

Lap the bias tape over the raw seam at center front by folding the tape in half. Pin and stitch through all thicknesses of tape and bra fabric about ¼ inch seam on both sides. Be certain to leave the overlap long enough to hook over the opening.



Step 5-B

VELCRO FASTENER, ADAPTATION B

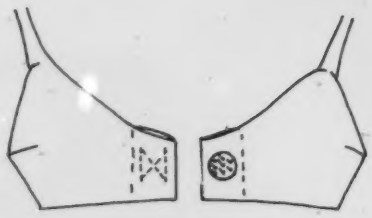
Skip Step 5. Proceed from Step 4 to this next step.

STEP 6-A.

Bring the loose end of the bias tape over the raw edge of the center front. Pin and stitch the tape so that an extension is formed at center front. Repeat this step at the other side of the bra center front.

STEP 6-B.

Lay the bra flat so that it is facing upwards. Pin and stitch Velcro to the bias tape extensions. The hooked side of the Velcro tab faces away from the body. Pin and stitch Velcro to inside of bias tape so that the looped Velcro tab faces towards the skin. See Chapter 7 for instructions to stitch Velcro tabs.



Step 6-B

HOOK AND EYE FASTENER, ADAPTATION C

Skip Steps 5 and 6. Begin Step 7 following Step 4.

STEP 7-A.

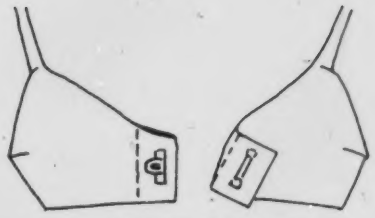
Bring bias tape over raw edge of bra. Fold the tape, turn under the edge and stitch it in place to form an extension to hold the fastener. Repeat this step on other bra front edge.

STEP 7-B.

On the right hand side of bra at center front, sew the eye portion of the fastener. Be sure it is on the outside section of the tape (away from the body). Stitch eye section in the middle of the tape.

STEP 7-C.

On the left hand side of the bra at center front, sew the hook portion of the fastener. Stitch it on the inside section of the bias tape and sew it in the middle of the tape. See Chapter 7 for instructions on how to sew a hook and eye fastener.



Steps 7-B and C

Note: For these adaptations on a long line bra, it is suggested that strong cotton fabric such as percale be used in place of the bias tape. A long strip of fabric cut for the "up and down" measurement at bra center front will provide a strong base for fasteners in Step 6 (Velcro) and 7 (hook and eye). Procedure for the modification is the same, only substitute cotton fabric in place of the bias tape.

Chapter 17

Pullover or T-Shirt . . . Larger Neck Opening

Adaptation

Shirt is adapted to include two front zippers on the diagonal for a raglan sleeve shirt. When this adaptation is used for a fitted sleeve shirt it will appear to be a raglan sleeve design.

PURPOSE

Insertion of a zipper from the neckline to the underarm seam creates a wider opening at the neck, thus providing ease in dressing and undressing. Useful for an individual with limited range of motion; one wearing a body brace; or, one who lacks coordination. The wide front opening reduces stress and facilitates independence in dressing.

GARMENT SELECTION

This adaptation is suitable for any pullover T-shirt with a round, oval, or square neckline. It would not be suitable for a T-shirt with a collar or a tab front.

NOTIONS

Two neckline zippers in appropriate color and desired length; thread; pins; scissors; measuring tape; frosted transparent tape; ruler; pencil or chalk.

SEWING TECHNIQUES

STEP 1.

Lay the shirt on a flat surface with front facing upwards. Locate center front on the neckline curve.

STEP 2.

Mark a dot center front with chalk or pencil. Place another dot at the center neckline curve about 1 inch below the first mark.

STEP 3.

Mark a dot on the neckline curve about 2 inches from center front, one on each side of the original marking. Each mark will be the starting point for zipper placement.

Steps 2 and 3

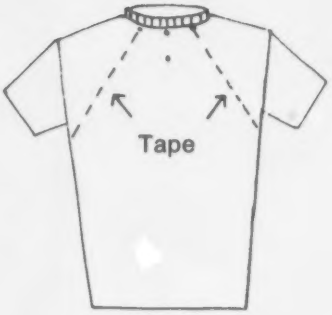
STEP 4.

Measure about 2 inches down from each underarm seam and mark with a dot. Place a mark at each side seam.

Step 4

STEP 5.

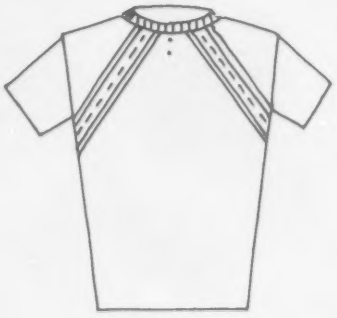
Draw a line for the zipper placement on the right side of the shirt. Use a ruler to draw this line from the neckline mark to the underarm mark. End the drawn line approximately ¼ inch short of the side seam. Draw a line on each side of the shirt.



Step 5

STEP 6.

To stabilize the fabric at the zipper line, lay a strip of transparent tape ¼ inch on each side of the drawn line where the zipper will be inserted.



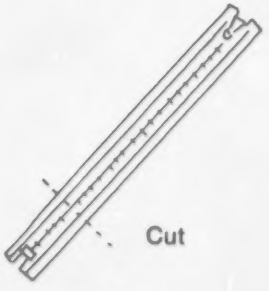
Step 6

STEP 7.

Measure the length of the drawn line. Add ¼ inch to this measurement for zipper length.

STEP 8.

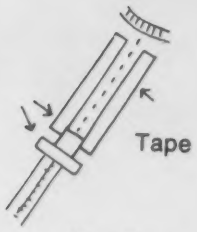
Measure from zipper talon (tab), not top of zipper tape, to the zipper stop at end of zipper. If zipper is too long, then cut closed zipper at the end. Cut across tape and coil. Bar tack the zipper at the cut end to hold it together. A bar tack consists of a series of stitches in one spot to serve as an anchor. Stitch over and under the zipper coil to form an end stop at the bottom of the zipper. About six ¼ inch stitches in one place will form a bar tack.



Step 8

STEP 9.

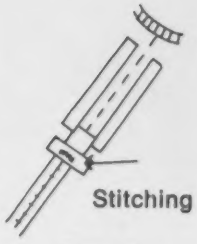
Caution! Do one zipper insertion from beginning to end, then repeat at the other side of the shirt front. With right sides together place bottom of zipper at ¼ inch overlap at the end of the drawn line. Hold the zipper in place with a piece of transparent tape. The zipper end or stop should cover the drawn line to be certain that there will not be any fabric slippage.



Step 9

STEP 10.

Attach the zipper foot to the sewing machine. Stitch at ¼ inch from bottom of the zipper directly over the coils several times. Do not stitch any wider than the coils.



Step 10

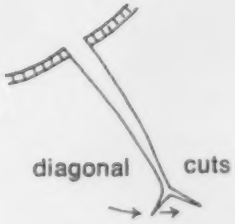
STEP 11.

Cut shirt fabric from the neckline down along the drawn line to within ¼ inch of the stitching at the bottom end of the zipper.

Step 11

STEP 12.

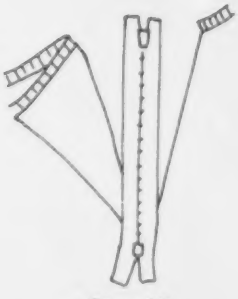
Turn the shirt inside out, and lay it flat on the work surface. At the bottom end of the cut just made, cut two ¼ inch diagonals as shown.



Step 12

STEP 13.

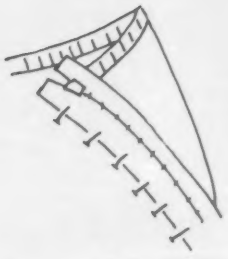
Reach inside the shirt and bring the unstitched end of the zipper up towards the neckline. Fold the left cut edge of the shirt as shown.



Step 13

STEP 14.

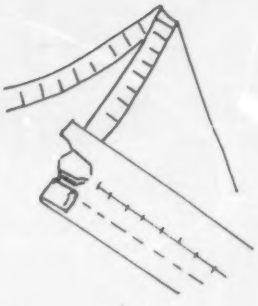
Slide the zipper over to the edge of the folded cut, and pin the left edge of the zipper tape to the cut edge of the shirt.



Step 14

STEP 15.

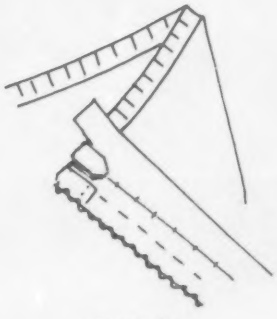
Stitch the zipper tape to the fabric, placing the stitches as close to the zipper coil as possible. At the top of the zipper, fold under the tape end and stitch it down to form a finished edge at the neckline. Repeat Steps 14 and 15 on other cut edge of shirt fabric to complete zipper insertion.



Step 15

STEP 16.

The edge of the zipper tape and the cut edge of the shirt fabric can be overcast to prevent ravelling. Finish both edges of zipper and shirt fabric.



Step 16

STEP 17.

At the other side of the shirt repeat Steps 9 through 16.

STEP 18.

Press shirt so that all zipper tapes and shirt seams will lie flat.

FINISHED T-SHIRT

Note that the modified shirt gives the appearance of a raglan sleeve garment. With a plain colored shirt the use of colored or contrasting zippers will add a fashionable look to the shirt.

Finished Shirt

Chapter 18

Dress or Shirt . . . Velcro Tabs as Fasteners

Adaptation

Any garment can be adapted to include Velcro tabs for easy and quick opening. The garment used in this example is a shirt, but the method can be followed for a dress, gown, sweater, jacket or coat.

PURPOSE

Velcro tabs are sewn underneath the buttons and buttonholes of the garment to eliminate the difficulty of opening and closing buttons. The garment will retain the fashionable commercially sewn appearance. To assist the wearer who may have arthritis, low energy, limited finger dexterity, or other limitation which affects self dressing, the Velcro tabs are easily opened and closed.

GARMENT SELECTION

Any garment with or without a collar, plain neckline, and front button opening can be adapted. Additionally, this modification can be applied to any sleeve opening to provide ease in dressing.

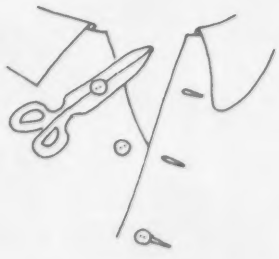
NOTIONS

Velcro tab fasteners of appropriate size and color, one set (pair) for each button on the garment; thread; needle; scissors; pencil; straight pins.

SEWING TECHNIQUES

STEP 1.

Carefully remove all buttons from the shirt front. Cut button threads with a seam ripper, or sharp scissor.



Step 1

STEP 2.

Lay garment on a flat surface and overlap center front as if to button the garment. Close front with a pin at the neck, one pin at the hem or bottom, and one pin in between each of the buttonholes.

STEP 3.

With a pencil, mark a dot through each buttonhole onto the garment. This is done by pushing the lead of the pencil through the open buttonhole and pressing hard on the pencil point. This mark will then be on the fabric where the button previously was sewn.

STEP 4.

Remove pins, open shirt. Center one Velcro fastener over the pencil marking with the hooked side facing upwards. This fastener is taking the place of the button. When possible Velcro tabs should be machine stitched because it is easier than to hand stitch the tabs. When machine sewing, stitch an "X" across the Velcro tab and stitch each side (see diagram). If hand sewing, stitch around the outside edge of Velcro tab with small overcast stitches.

Step 4
Hooked Side

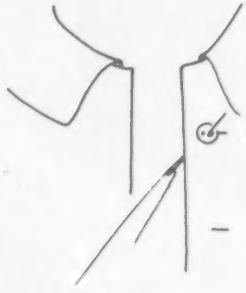
STEP 5.

On inside of the garment at each buttonhole, center the Velcro tab over the buttonhole. Be sure that the looped side of the Velcro tab is facing upwards. Stitch Velcro as described previously.

Step 5
Looped Side

STEP 6.

On the right side of the garment center each button directly over the top of each buttonhole. Sew button securely to the garment front through the fabric and the Velcro tab.



Step 6

SLEEVE ADAPTATIONS

For any long sleeve garment with a cuff, one of the following adaptations can be made.

VELCRO CUFF CLOSURE, Adaptation A

The cuff modification and addition of Velcro tabs is very similar to the front opening adaptation.

NOTIONS

Velcro tab fasteners as needed; thread; needles; pins; pencil; and scissors.

SEWING TECHNIQUES

Follow the procedure given in Step 1 through Step 6 as shown for garment front closure above.

ELASTIC CUFF LINK, Adaptation B

A cuff link is made using elastic thread and matching buttons. The cuff link joins two buttonholes together which are the existing buttonhole and the new buttonhole sewn at the button position. In other words, the button on the cuff becomes a buttonhole, which will hold the cuff link.

NOTIONS

Elastic thread; 4 shank buttons to fit the existing buttonholes; needle; thread; and scissors.

SEWING TECHNIQUES

STEP 1.

Remove button(s) from the cuff. If desired the length (opening) of the cuff can be made larger or smaller by addition of a new buttonhole. Place a mark on the cuff where button was located. At the mark where the button was removed stitch a buttonhole. Refer to Chapter 7 for directions on making a buttonhole by hand or machine sewing.

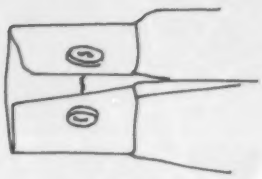
STEP 2.

To make a link, use elastic thread. The link should be approximately ½ inch long. Securely sew a button at each end of the elastic chain link.

Step 2
Button Sewn
In Place

STEP 3.

Push buttons through the buttonholes joining the cuff in the same manner as cuff links.



Step 3

Chapter 19

Shirt or Blouse . . . Back Opening

Adaptation

A shirt or blouse is adapted to include a back opening. Similar garments such as a nightgown or nightshirt can be modified following this method. However, do not attempt to adapt outerwear like a jacket or coat with this method.

PURPOSE

Add a back opening to a shirt or blouse since this modification provides ease in dressing especially for an individual with limited range of motion. Any person who cannot raise his or her arms very high will find this alteration beneficial. To the delight of the wheelchair or bed-ridden individual, this garment change can be extremely useful as well as increase comfort and provide ease in dressing.

GARMENT SELECTION

Any shirt or blouse with or without a collar and a front opening can be used. Most fabrics can take this modification unless the cloth is unusually sheer.

NOTIONS

Six Velcro tabs of ½ inch size, or gripper snap tape; 3 yards of 1 inch bias tape or twill tape; thread; needle; pins; scissors; pencil; measuring tape; yard stick; and frosted transparent tape. Although these instructions include bias tape, a strip of fabric coordinated to the garment can be used to finish off the seam edges at the back of the garment which is to be cut apart.

Front View

Back View

SEWING TECHNIQUES

STEP 1.

Lay the garment on a flat surface with the garment back and fabric right side upwards. To locate the center back of the garment, measure from armhole seam to armhole seam about 1 inch below the collar or neckline of the garment. Divide the measurement in half and mark the center back with pencil or chalk.

STEP 2.

Measure from side seam to side seam above the waist to continue locating the center back. Divide the measurement in half and mark the center back with pencil. At the bottom of the garment, measure from side seam to side seam, divide the measurement in half to locate the center back of the garment. Mark the spot with pencil.

Steps I & 2

STEP 3.

With the garment flat, pull up the collar (if it has one) so that the center back line can be located. Fold the collar in half, or measure it, to locate the center back and place a pencil mark. Using a yard stick or ruler, carefully draw a line joining the marks located as the center back. The center back line should extend from the collar or neckline to the hem or bottom of the garment.

Step 3

STEP 4.

Place a strip of transparent tape on each side of the drawn line. The tape will stabilize the fabric for the cutting line. The tape can also be used later as a guide for the stitching line.

Step 4
Tape

STEP 5.

Cut carefully along the drawn line at center back. For a garment with an attached collar, the cut should go all the way through the collar end. The garment is cut in two at the center back.

STEP 6.

Measure the length of the opening separating the two parts of the garment. Add 1 inch to the length measurement to provide a half inch (½") at the collar or neck edge and a half inch (½") at the bottom edge of the garment for a smoothly finished edge. Cut three strips of tape, or contrasting fabric according to the length measurement taken at the raw edge of the garment.

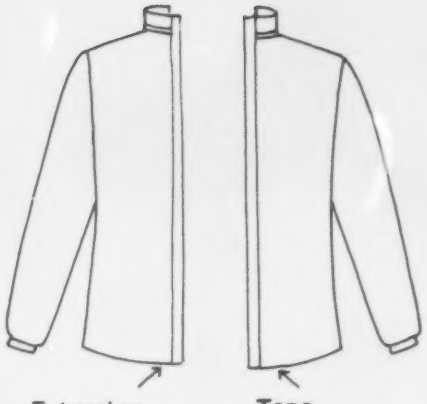
STEP 7.

Keep the garment back flat with the right side of fabric facing upwards. An extension is to be formed to provide a base for fasteners. Pin one piece of bias, twill tape, or co-ordinating fabric to the left hand side of the back section from the neckline edge or collar of the garment to the hem or bottom. Be sure to catch one side of the garment's raw edge to the tape. Be certain that no less than one quarter inch (¼") of garment fabric is pinned to the tape or extension fabric. Pin another piece of tape over the other side of the garment along the edge. Thus, the garment fabric will be caught in between the two tapes to form an extension. Stitch the tapes along the edge, stitching the garment fabric to the tapes. The extension will be at the center back. At the collar edge, one half inch (½") of the tape is tucked in and stitched in place for a finished edge. Repeat this step at the hem or bottom edge of the garment so that the tape is finished off at the edge.

Step 7

STEP 8.

On the right hand side of the garment back opening, pin the remaining strip of bias, twill tape, or coordinating fabric to the right side of the garment fabric. Match raw edges using one quarter inch (¼") seams. Stitch this seam from collar or neckline edge to garment bottom edge. Turn the tape or fabric to the inside section of the garment. The added tape or fabric will form a neatly finished edge at center back. Turn under one half inch (½") of tape at collar edge and also at the bottom edge and stitch it down in place for a neat finish. The part of the garment just sewn will overlap on top of the other section, thus covering up the new extension. The extension and the overlap sections are the support for the fasteners to be sewn to the garment.



Step 8

STEP 9.

Lay the shirt flat with the back of the shirt and the right side of the fabric facing upwards. On left hand extension, pencil mark the placement for the Velcro tabs. Start at the collar or top of the neckline to mark tab locations. Velcro tabs should be spaced an equal distance of approximately 4 inches to 5 inches apart. Sew each Velcro tab over the pencil mark. Stitch the tabs on the extension facing upwards, the section that extends underneath the overlap.

Step 9

STEP 10.

Lay the right side of the garment back over the left side extension. Pin the back of the garment together placing pins at the neck edge or collar, at the shoulder area and at the bottom. Place a pin in between each Velcro tab. Use a pencil to mark placement of matching Velcro tabs to pair off with each extension tab. Unpin the shirt and sew Velcro tabs at each marked location.

Step 10

ADAPTATION FOR APPLICATION OF GRIPPER SNAP TAPE

Apply gripper snap tape on the extension and the overlap at the garment back. Follow the same procedure as given for the Velcro tab placement. Be certain to turn under one quarter inch (¼") of cotton gripper snap tape at the collar or neckline edge and the bottom of the garment and stitch down in place for a finished edge. Refer to Chapter 7 for instructions to sew gripper snap tape.

APPENDIX

PERSONAL WARDROBE EVALUATION

In view of the person's temporary or permanent disability it may be necessary to examine all the garments presently in the wardrobe. Check individual needs to determine which articles should be changed or modified. This chart is to be used in conjunction with the *Wardrobe Color Plan* so that the garments which are to be altered for continued wear will coordinate with newly purchased items.

UNDERGARMENTS	*SUGGESTED MODIFICATION*
Underpants or Shorts	
do not pull on easily	add opening at waist and pull on loops
are uncomfortable at the waist	enlarge waistband
band around the leg is uncomfortable	enlarge leg band; remove elastic
interfere with quick toileting	provide a drop front
T-Shirt or Undershirt	
does not pull over the head easily	enlarge neckline opening
difficult to slip arms into sleeves	provide shoulder opening
too tight around the chest area	add extension at front or back opening
does not cover body brace or cast	enlarge at side seams; lengthen
Slip or Petticoat	
does not pull over the head easily	provide center front opening
too tight over body brace or cast	add extra fabric at side seams
straps are too narrow	widen straps with lace fabric
too tight across chest area	enlarge with stretch lace at side seams
too short to cover prosthesis or brace	lengthen with lace fabric
Brassiere	
cannot be fastened at back closure	provide front opening
straps are too narrow	widen straps with lace or ribbon
does not stay in place (rides up on body)	attach tape and garters to hook bra onto panties or girdle
side panels are too narrow for good support	build up sides with stretch elastic and/or lace fabric
Girdle or Foundation	
difficult to pull up onto body	add openings and zippers as needed
lack strength to pull onto body	add tapes (hooks) as finger loops
too tight at waist	enlarge waist with wide elastic
too tight across pelvic area	enlarge at sides with elastic fabric
garters too short to reach stockings	lengthen garters with wide elastic
interferes with toileting	remove (cut away) crotch section
Pantyhose	
prevents quick toileting	cut away center crotch section
causes skin irritation at waist	remove elastic and replace with soft stretch lace

Personal Wardrobe Evaluation (continued)

DRESS OR TUNIC	*SUGGESTED MODIFICATION*
does not easily pull over the head	provide neckline or shoulder opening
too tight in the armholes	add gusset (patch) at underarm
sleeves too tight at upper arm	add gusset at underarm
sleeves are too wide/tight	change seams by taking in/letting out
buttons are difficult to fasten	change to another fastener type
zipper difficult to reach	add/replace zipper at side or front
zipper difficult to slide up and down	use zipper ring or pull tab
waistline is not comfortable	enlarge with elastic or fabric
length is awkward	shorten or lengthen at hem
too tight at legs/hem (narrow)	insert placket or pleats at seams
restrains body movement	add fabric or let out seams
does not cover prosthesis or brace	discard if not economical to alter
draws attention to part of the body (accentuates a disability)	add an accessory or design to focus attention at another point
worn thin from abrasion	add a colorful or contrasting patch
care instructions are not clear	check all inside seams for instructions; ask dry cleaner for suggestions

SKIRT	
does not pull over the head easily	lengthen placket and/or zipper opening
uncomfortable across the hips	let out side seams
length is awkward	lengthen or shorten at hem
waist is uncomfortable	enlarge at waist with elastic or fabric
rides up in the back (hikes up)	lengthen back at hem
too tight to walk or climb stairs	add flare or pleats at seams
does not cover prosthesis or brace	discard if not economical to alter
draws unfavorable attention to body	add belt; patch pocket; button flaps at waist; to relocate focal point

SHIRT OR BLOUSE	
difficult to pull over the head	enlarge at neckline or shoulder area
buttons are difficult to fasten	change to another fastener type
sleeves are too long/short	change length at cuff or hem
collar cannot be closed	add button extender, ascot, or scarf
worn thin at some spots	add matching or contrasting fabric patches
too tight across chest area	add inverted pleat in back
too tight across shoulder and arms	add action pleat at side back area
pulls up and out of trouser/skirt	add elastic at waist to hold in place

SLACKS AND TROUSERS	*SUGGESTED MODIFICATION*
difficult to pull onto the legs	attach (loops) hooks/use dressing stick
do not easily slip over the hips	lengthen crotch or zipper opening
uncomfortable at the waist	move buttons, enlarge waist, add elastic
interfere with quick toileting	add zipper opening at crotch inseam
too short/long in crotch area	add/remove fabric at waist back section
too much fabric across pelvic area	remove excess fabric at the front waist
pant legs too tight for brace, cast	add zipper at side or inseams

DRESSING PROBLEM	*SUGGESTION*
low energy and tire easily	dress in a seated position
limited range of motion	put on garments seated or lying down use dressing aids, and devices
lack of body balance	do not step into garments, be seated
lack of coordination	change to fasteners easy to manipulate enlarge or add front openings enlarge neckline or shoulder opening
lack of strength	add tapes (hooks) to grasp and pull on use dressing devices to pull on enlarge openings where convenient
paralysis or one handed	dress the afflicted side first, then slowly put garment on side with good limb

OTHER DRESSING PROBLEMS

For any dressing or clothing problem not listed herein, write to the P.R.I.D.E. Foundation. Describe the problem, the difficulty encountered, the age of the individual, and the special need. An answer will be provided by return mail.

WARDROBE COLOR PLAN

After checking the garments in the wardrobe which can be worn, modified, or altered for a special need, and are easy to launder and maintain, a plan should be made to coordinate these garments with new items. List the clothing which can be mixed and matched to coordinate new outfits.

GARMENT (Describe)	COLOR OR SHADE	PLAIN	PRINT	PLAID	GEOMETRIC	STRIPED
Suits (2, 3 piece)						
Sport Jacket, Blazers						
Trousers, Slacks						
Shirts, Blouses						
Dresses, Tunics						
Skirts						
Sweaters						
Shoes						

PATTERNS FOR CUSTOM CLOTHES

A short collection of designs are reproduced to facilitate the physically handicapped person who might have a special need. The patterns are available in many sizes and instructions are included in the pattern packet. It is presumed that the person making the garment has a general knowledge of sewing and clothing construction. Most dressmakers or tailors will find these patterns complete with easy-to-follow concise construction techniques.

PRIDE
a Charitable
Foundation

WHEELCHAIR CAPE

One piece cape with high back provides comfort and warmth. Circular cape has ribbed neck band to easily pull over the head. Arm openings are conveniently located at the waist to provide ample movement and are reinforced with foldover tape. Cape curved outer hem edge eliminates danger of garment being caught in the wheels or metal parts of the wheelchair. Available in Petite, Small, Medium, and Large sizes.

This design is copyright

Price: $6.50

PRIDE
a Charitable
Foundation

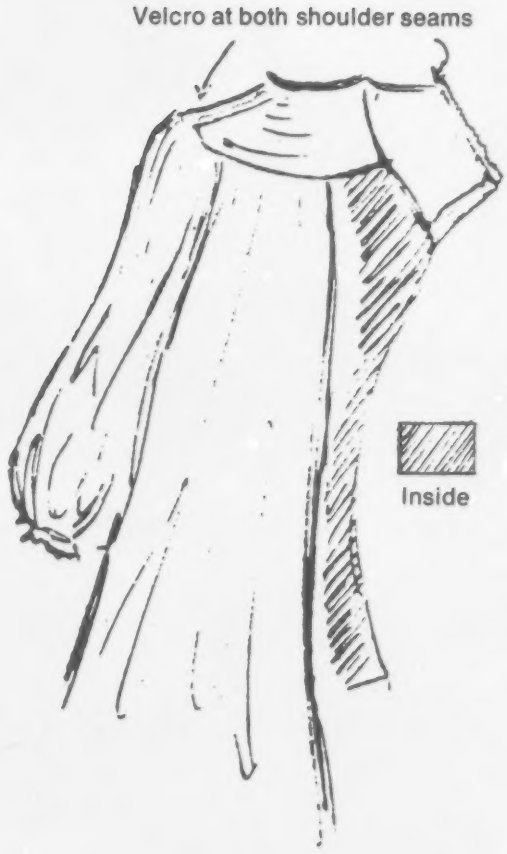
WHEELCHAIR DRESS

Open backed wrap-around dress has a removable back panel for modesty when transferring. Neckline can be cowl, oval, or turtleneck. Short cape sleeves provide comfort and movement. Dress can be worn with or without a blouse or sweater coordinate. Available in sizes 6 to 22.

This design is copyright

Price: $6.50

PRIDE
a Charitable Foundation



OPEN BACKED NIGHTGOWN

Attractive fully cut nightgown has wide overlap in back for warmth and convenience in toileting. Gown opens flat for ease in dressing and is secured at each shoulder with Velcro fasteners. Long sleeves gathered at the cuff with or without elastic. Optional length, long or short. Available in Petite, Small, Medium, and Large sizes.

This design is copyright

Price: $6.50

PRIDE
a Charitable
Foundation

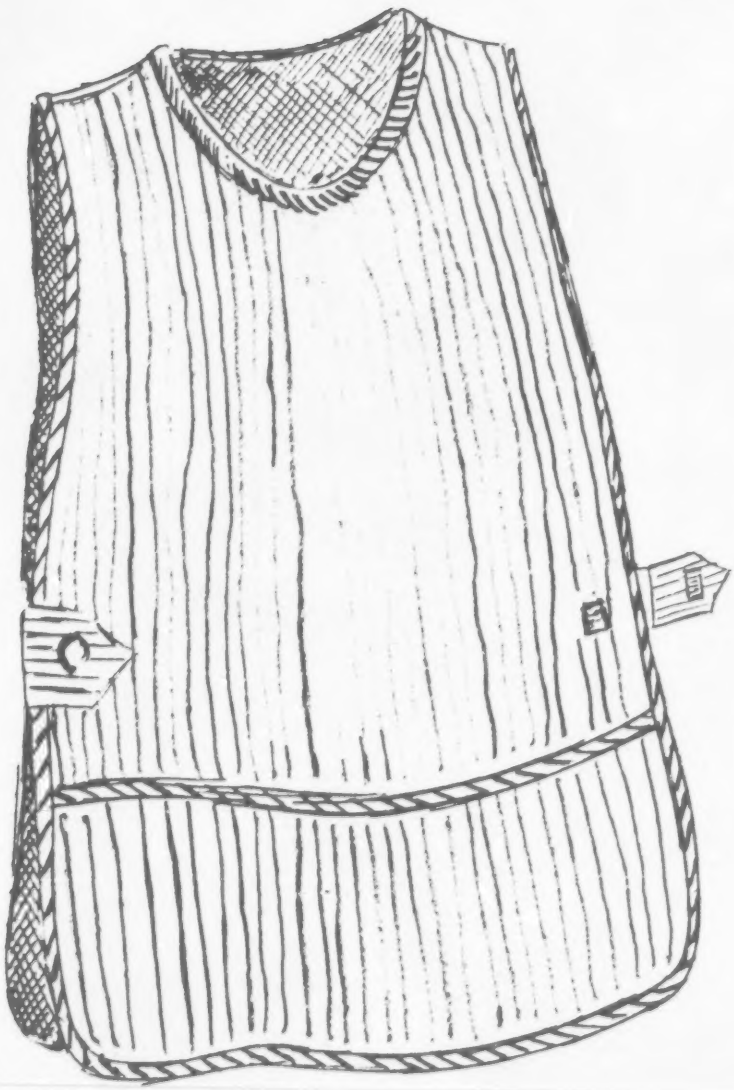
OPEN BACKED JOHNNY COAT
(Convalescent Gown)

Convenient dressing and toileting is made possible with this fully cut open backed gown for convalescing. Comfortably gathered at the yoke, the back is closed with self fabric ties. Raglan sleeves are gathered with elastic or can be cuffed. Pattern is available in Petite, Small, Medium, Large and Extra Large sizes.

This design is copyright

Price: $6.50

PRIDE
a Charitable
Foundation



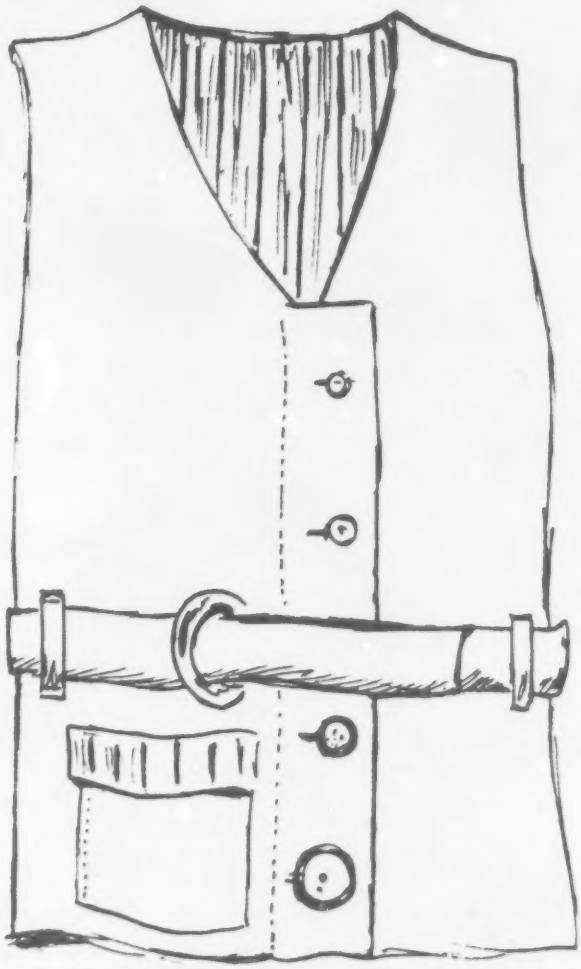
TABARD

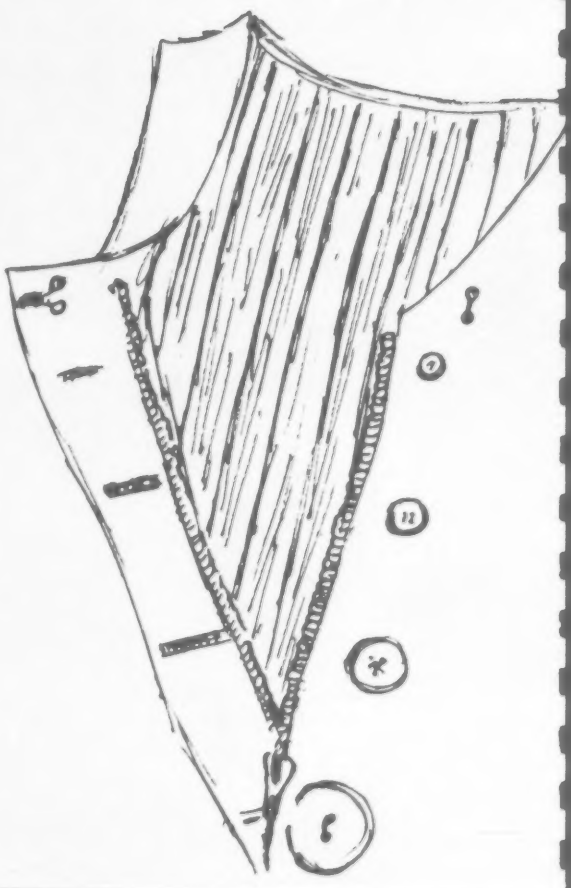
A tabard easy to slip over the head with large neck opening. Front and back are secured at side with buttons, snaps, or Velcro fasteners. Large pocket across the front catches crumbs and spilled food. Can be lined with plastic or terry to make tabard waterproof. All edges are finished with foldover tape or binding of self fabric. Available in sizes Small, Medium, and Large.

This design is copyright

Price: $2.50

PRIDE
a Charitable
Foundation





TRAINING VEST

A vest for rehabilitation training to encourage manipulation of many types of fasteners, to increase finger dexterity, dressing skills, and independence in dressing. Vest opens flat for convenient dressing in prone or seated position. Cutaway view shows graduated buttons and various fasteners. Available in Petite, Small, Medium, Large, and Extra Large Sizes.

This design is copyright

Price: $6.50

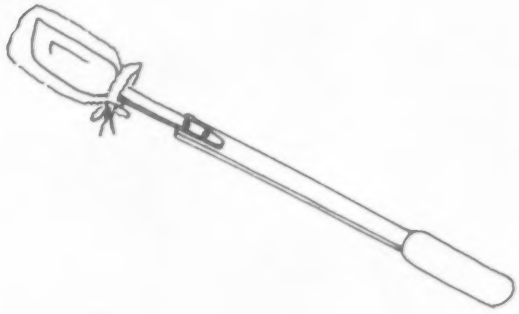
DRESSING AND GROOMING DEVICES

The following group of suggestions are included so that independence in dressing and undressing can be encouraged. These illustrations are provided with the intention that the devices be made on a do-it-yourself basis. If further information is needed to construct any of the dressing aids, please contact the P.R.I.D.E. Foundation.

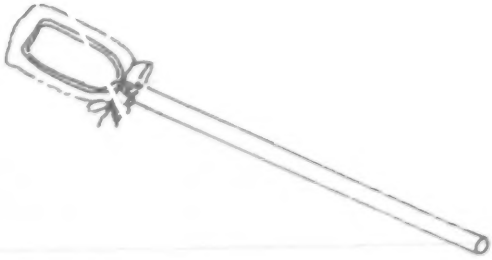
DRESSING AND GROOMING DEVICES

BATHING AIDS

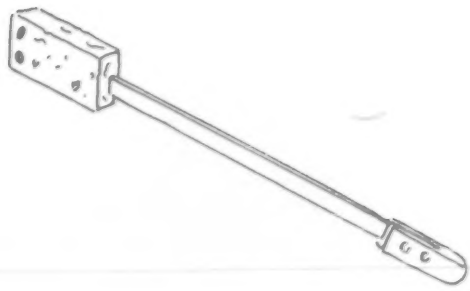
DG 1058 - SOAP BAG
Bathing aid which can be hung around the neck and slipped over the arm to keep soap within reach.



DG 1056 - EXTENDED HANDLE TOE WASHER
Soft rubber spatula insert is covered with terry cloth. Enables person to clean toes without stretching, reaching, or bending.



DG 1057 - LONG HANDLED TOE WASHER
Wire formed loop covered with fabric encourages independent bathing.

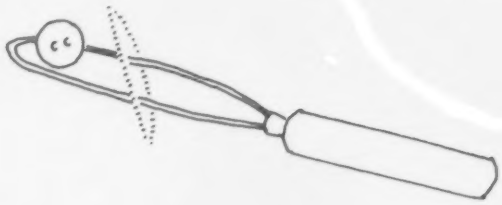


DG 1053 - LONG HANDLED BATH SPONGE
Soft sponge aids in washing back and body parts when range of motion is restricted. Easy to handle in the shower or tub bath.

DRESSING AND GROOMING DEVICES

DRESSING AIDS

DK 1028 - ZIPPER PULL AND BUTTONER
Large wooden circular device with an extended wire hook. Hand held in various positions to achieve upward and downward motion of zipper.



DD 1027 - BUTTON DEVICE
Looped device with a large round handle to aid in the buttoning and unbuttoning of clothing.

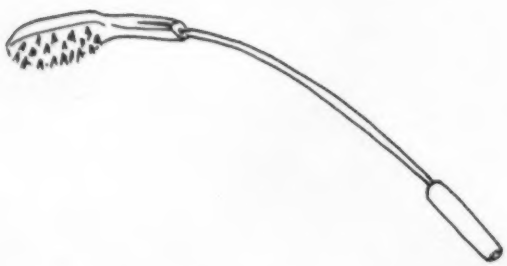
DD 1031 - DRESSING STICK
Wooden dowel or curved wooden hanger with a rubber tip. Aids in removing clothing by pushing and pulling fabric with rubber tip.

DD 1029 - DRESSING AID
Curved wire or tube with a rubber tip on one end to aid in dressing. Round wooden handle provides a surface for a good grip.

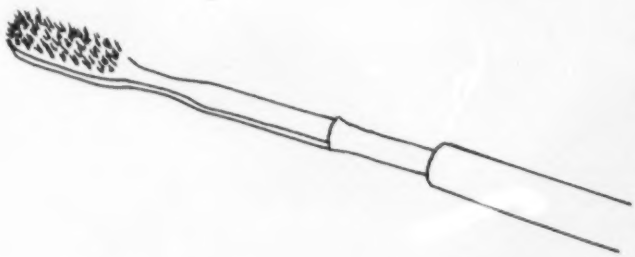
DD 1030 - PULLER ON AID
Long wooden or tube handle with large hook to slip into fabric loops on pants, slacks, and other garments to aid in pulling clothes on and off.

DRESSING AND GROOMING DEVICES

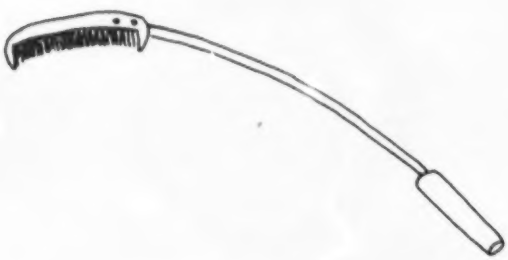
GROOMING AIDS



DG 1051 - EXTENDED HAIR BRUSH
Brush with long flexible tubing to extend reach. To assist one with limited range of motion.



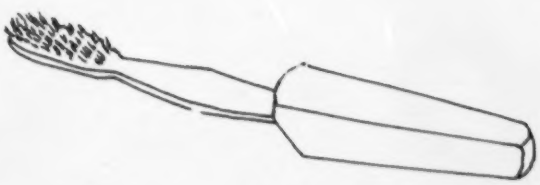
DG 1054-C - EXTENDED TOOTHBRUSH
Wooden handle added to toothbrush to extend reach for one who has limited strength or restricted motion.



DG 1052 - EXTENDED COMB
Comb with long flexible tubing to extend reach. Lightweight and easy to handle.

DG 1054 - ROUND LARGE HANDLE TOOTHBRUSH
Toothbrush with lightweight enlarged round wooden handle assists person with limited strength.

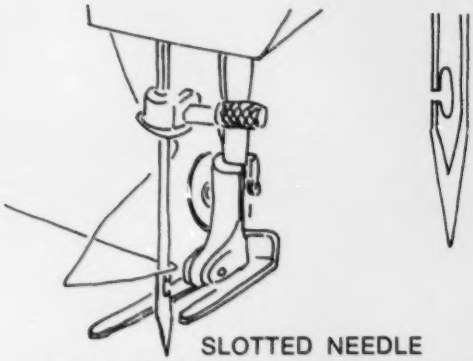
DG 1055 - ENLARGED HANDLE COMB
Large wooden handle on end of comb to aid individual with joint stiffness. Especially useful for the arthritic.



DG 1054-A ENLARGED HANDLE TOOTHBRUSH
Extra large handle with squared off edges to provide better grip. Low energy and arthritic will find this brush easy to use.

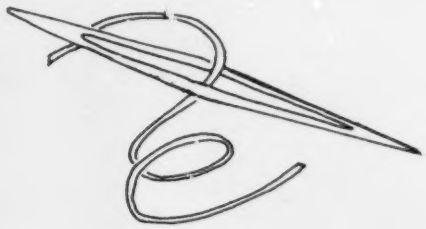
SEWING AIDS

The sewing aids listed on these pages are available at most notion or fabric stores. If convenient, take a sketch with you to the store to assist the clerk in locating a particular item. If additional information is required, contact the P.R.I.D.E. Foundation for details.



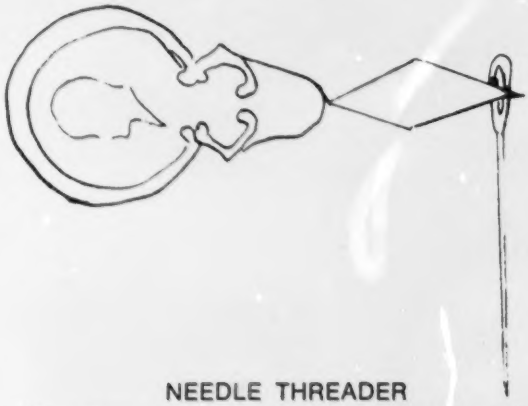
SLOTTED NEEDLE

An opening at the side of the sewing machine needle makes threading easier.



EASY THREADING SEWING NEEDLE

A special needle for one who is visually impaired or lacks coordination. Needle pulls apart for easy threading.



NEEDLE THREADER

Very fine wire slides through the eye of the needle. The thread is then put through the open wire. As the wire is pulled back through the needle eye, the thread is automatically in place.

OPEN EYE HAND SEWING NEEDLE

An open slot in the needle permits the thread to slip into the eye at the upper section of the needle. The lower eye can be threaded in the conventional manner.

FINGER GUARD

A metal guard which encloses the machine needle to effectively protect the fingers. The guard attaches with a screw to the presser foot.

FEATURES AND FEEDBACK

The P.R.I.D.E. Foundation, as a research and resource agency, would like to serve you by solving clothing problems and related dressing and grooming difficulties. Write to us describing specific problems you may have in dressing or undressing, body movement, involvement with prosthesis, braces, etc. If you experience difficulties when clothes shopping, purchasing your garments, or selecting and caring for clothing, let us know so that we can make your task easier. We may be able to pass along some tips regarding clothing storage for people with physical limitations. Jot down your particular need and mail it to us . . . you can anticipate a prompt response.

We are interested in your reaction to this book. We invite comment on the step-by-step instructions and illustrations used to describe the clothing changes. Are the directions clear and well defined? Do the illustrations depict the modifications and alterations so that clothing changes can be handled easily? Add your praise or criticism . . . our goal is to be of the most possible assistance, and we need all the help we can get.

You can help us and your fellow disabled friends by sending suggestions and solutions to any special problems you have encountered in the area of clothing, dressing, grooming, etc. Any ideas or suggestions received will be printed in the next PRIDE publication with full credit given to the originator. Your hint or tip could well hit the target of someone else's dilemma and resolve his or her problem.

May we hear from you.

Evelyn S. Kennedy
P.R.I.D.E. Foundation, Inc.
1159 Poquonnock Road
Groton, Connecticut 06340

NOTES

DRESSING WITH PRIDE

ORDER FORM

Please Print

Name _____

Address _____

City _____ State _____ Zip _____

Enclosed is check in the amount of $9.50 plus $1.50 (handling charge).

Send check or money order to:

P.R.I.D.E. Foundation, Inc.
1159 Poquonnock Road
Groton, Connecticut 06340

INDEX

A

Accessories 16, 51, 54
Adult Garments
- Boxer Shorts 65, 66, 93
- Brassiere 75-78, 93
- Dress 83, 87, 94, 100
- Jockey Shorts 67-69
- Petticoat 71-73, 93
- Shirt 83, 87, 93, 94
- T-Shirt 55, 58, 79, 93

B

Back Opening 30, 87-91, 98-102
- Dress 87-91, 94
- Shirt 87-91, 94

Basting 23
- Clips 23
- Tape 23

Bathing Devices 105, 106
- Bath Sponge 106
- Soap Bag 106
- Toe Washer 106

Bibs 51, 103
Boxer Shorts 65, 93
Brassiere
- Center Front Opening 30, 75-78, 93
- Hook Closure 76, 77
- Velcro Tab Fastener 28, 29, 30, 77

Buckles 28, 30
Buttonhole 27, 28, 29, 35, 36, 37, 53, 83
- Hand Sewing 35, 36
- Machine Sewing 35
- Marking 36

Button Loop 28
Buttons 27, 28, 34, 35, 53, 83, 85
- Cuff Link Style 28, 85
- Flat 34
- How to Sew 34, 35, 84
- Reinforced 27, 35
- Selection of 27, 34, 35
- Shank Type 28, 34, 85

C

Care Label
- Content 21
- Fabric 21
- Fiber 21
- Garment 21, 22
- Instructions 21, 22
- Samples 22

Children's Clothing
- Back Opening 30, 87, 101
- Bib 51-54, 103
- Crotch Opening 45, 61
- Dresses 51, 83, 94, 100
- Front Cover-Up 51, 103, 104
- Panties 45, 48, 50, 65, 67, 93
- Pants 30, 32, 95
- Patterns 19, 52, 98-104
- Protective Front Cover 51, 103, 104
- Pullover Shirt 41, 55, 58
- Scooped Neckline 55, 79
- Shirt 83, 93, 94
- Sleeper 61
- Sleeveless Undershirt 41, 93
- T-Shirt 41, 55, 79, 93
- Undershirt 41-44, 55, 58, 93
- V-Neckline 58
- Wardrobe Evaluation 93-95, 97

Clothing Maintenance
- Care Label 22
- Dry Cleaning 21, 22
- Laundering 21, 22

Clothing Selection 17, 18, 19, 27, 29, 61, 65, 67, 71, 78, 79, 83, 87, 93-95, 97
Color Plan 94, 97
Convenience
- Fasteners 27-32
- Features 19, 105-109

Cover-Up, Child's 51, 104
Cost Per Wearing 16
Crotch Opening 19, 61, 93
- Drop Front Panties 45, 93
- Jockey Shorts 67-69, 93
- Sleeper 61

Cuffs 27, 28, 30, 85, 86
Cutting Board 23, 33

D

Dresses
- Adults 83, 87, 94, 100
- Back Opening 87, 100
- Children's 51, 94, 100
- Cover-Up 51, 99, 103, 104
- Front Fasteners 27-32, 83, 84

Dressing Devices 105-109
- Buttoner 27, 107
- Dressing Aid 107
- Dressing Stick 107
- Puller On Aid 107
- Zipper Pull 107

Dry Cleaning 21, 22

E

Elastic Cord and Thread 27, 28, 85, 86
Equipment
- Marking 23, 25
- Sewing 23-26, 33
- Sewing Aids 33, 109

F

Fabric
- Absorption 17, 18
- Appearance 17
- Comfort 17
- Elasticity 18
- Safety 18
- Slipperiness 18, 71
- Warmth 17, 19
- Wear 16, 18, 78
- Weight 18

Fashion
- Changes 15, 16, 82, 94
- Fads 16, 94
- Selection 17, 18, 19

Fasteners
- Buttons 27, 53
- Buttonholes 27, 36, 37, 53
- Elastic Cord/Thread 28, 85, 86
- Gripper Snap Tape 37, 48, 91
- Hook and Eye 29, 37, 66, 76, 77
- Hook and Loop Pressure Tape 29, 38
- Magnetic 28
- Snaps 30, 38, 66
- Swim Suit Hook 76
- Velcro 38, 39, 41, 43, 50, 54, 61, 65, 67, 77, 83, 90, 91
- Zippers 31, 32, 39, 44, 61, 71

Front Opening
- Brassiere 30, 75-78, 93
- Crotch 19, 45, 67, 93
- Dress 83-86, 94
- Drop Front Underwear 45, 65, 67, 93
- Shirt 43, 79, 83, 94
- T-Shirt 79, 93
- Slip 71-73, 93

G

Girdles 32, 93
Gripper Snap Tape 37, 44, 48, 91
Grooming Devices 105-109
- Comb 108
- Hairbrush 108
- Toothbrush 108

H

Hook and Eye Fastener 29, 37, 66, 77

I

Incontinence
- Adult 61, 65, 67, 93
- Children 45, 65, 93

Infant's Clothing
- Bib Cover-Up 51, 103, 104
- Crotch Opening 45, 61
- Sleepers 61
- T-Shirt 55, 58

J

Jockey Shorts 67-69, 93

K

Knot
- How To Tie 33, 34, 35
- Knotting Thread 23, 33

L

Labels
- Fabric Care 21, 22
- Fabric Content 21
- Placement on Garment 22

Ladies Clothing
- Back Opening 87-91, 101, 102
- Brassiere 75-78, 93
- Color Plan 94
- Dress 83, 87, 94, 100
- Drop Front Opening 45, 65, 93
- Front Fasteners 27, 30, 31, 32, 53, 54, 71, 75, 79, 94
- Girdle 32, 93
- Incontinence 45, 65, 67, 93
- Patterns 52, 98-104
- Petticoat 71-73, 93
- Protective Cover 51, 103
- Pullover Shirt 41, 55, 79
- Slacks 30, 32, 95
- Wardrobe Evaluation 93-95, 97

Laundering 18, 21, 22, 29, 37, 44, 51, 103

Lingerie 71, 93

M

Magnet 23

Magnetic Fasteners 28

Magnetic Seam Guide 23

Masking Tape 23

Measuring
- Buttonholes 36
- Sewing Gauge 25
- Tape Measure 26
- Transparent Tape 26

Men's Clothing
- Back Opening 87-91
- Boxer Shorts 65, 93
- Dress Shirt 83-86, 94
- Front Fasteners .. 27, 29, 30-32, 65
- Incontinence 45, 61, 65, 67, 93
- Jockey Shorts 67-69, 93
- Patterns 52, 98-104
- Protective Front Cover 51, 103
- Pullover Shirt 55
- Shirt With Velcro Tabs 83-86
- Trousers 30, 32, 95
- Trouser Hook 29, 65
- T-Shirt 41-44, 55, 58, 79, 94
- Waistband 65-67, 93-95
- Wardrobe Evaluation 93-95, 97

N

Neckline Alteration
- Front Opening 79, 83
- Open Back 87-91, 94
- Pullover Shirt 32, 55, 79, 94
- Scoop Neck 55, 79
- V-Neck 55, 58, 59

Needles
- Ball Point 24
- Betweens 24
- Easy Threading 24, 109
- Hand Sewing 24, 109
- Machine Sewing 24, 39, 109
- Open Eye Needle 109
- Sharps 24
- Slotted 24, 109
- Standard 24
- Threader 33, 109
- Threading of 33

O

Open Backed
- Garment 30, 87, 94, 98-102

Open Backed Patterns 98-104

P

Pattern for Cover-Up 52, 103, 104

Patterns 98-104
- Cape 19, 99
- Convalescent Gown 101, 102
- Dress 100
- Johnny Coat 101, 102
- Nightgown 101
- Protective Cover 52, 99, 103
- Tabard 52, 103
- Training Vest 104

Personal Wardrobe
- Evaluation 19, 93-95, 97

Petticoat 71-73, 93

Pin Cushion 24, 33

Pins
- Magnetic 23
- Push Pins 25

Pressing 25

R

Reinforcements, Buttons 35

S

Scissors 25

Seam Guide, Magnetic 23

Seam Ripper 25

Sewing Aids
- Easy Threading Needle 109
- Finger Guard 109
- Open Eye Needle 109
- Threader 109
- Slotted Needle 109

Sewing Gauge 25

Sewing Machine
- Foot Control 33

Shirts
- Adult 55, 83, 87, 94
- Children 41, 55, 58, 87, 94

Shopping
- Guide 16, 17, 19, 21, 45, 55, 65, 67, 71, 75, 78, 79, 83, 87, 93-95, 97, 109
- Suggestions 17, 27, 109
- Wardrobe Color Plan 93, 97
- Wardrobe Evaluation 93-95, 97

Sleeper, Children's 61

Sleeves 28, 30, 32
- Cuffs 28, 85, 86
- Raglan 82

Slip, Front Opening 71-73, 93

Snap Fasteners 30, 32, 42, 43, 54, 66
- Gripper Snap Tape 37, 44, 48
- How To Sew 38, 42

Steam Iron 25

T

T-Shirt 41, 55, 58, 79

Tailor's Chalk 25

Tape
- Cotton Twill 76, 78, 89
- Gripper Snap 37, 44, 48
- Masking 23
- Measuring 26
- Transparent 26, 35, 39, 68, 72, 80, 88

Thimble 26

Thread
- Bar Tack 39, 72, 79
- Elastic 27, 28
- Knotting 33
- Thread Chain 27, 31
- Thread Shank 34

Training Vest 104

U

Underwear
- Children's 41, 55, 58, 71, 93
- Crotch Opening 45, 61
- Drop Front 45, 67
- Ladies 71, 75, 93
- Men's 65, 67, 93

V

Velcro 28, 29, 30, 38, 39, 41, 43, 50, 54, 61, 65, 69, 77, 83-86, 90, 91

W

Waistbands .. 28-30, 65, 66, 67, 93-95

Wardrobe Evaluation 93-95, 97

Wheelchair 17-19, 31, 87, 93-95, 99, 100, 105-109

Women's Garments — See Ladies

Z

Zippers 31, 32, 39, 61, 71, 79, 94
- Crotch Opening 19, 61
- Detailed Sewing Instructions .. 39, 61, 63, 72, 73, 79-82
- Length 39, 71, 80
- Selection 31, 30, 71